



## **RACHEL NOLAN MP**

### **Member for Ipswich**

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#### **IPSWICH STUDENTS TO GET FIT WITH \$10,000 BOOST FOR LOCAL SCHOOLS**

A project to help students at five Ipswich special schools to get fit and healthy will receive \$10,000 from the State Government, Member for Ipswich Rachel Nolan announced today.

“The schools will purchase indoor bowling mats to teach students lawn bowls and to help them develop their motor skills and personal fitness,” Ms Nolan said.

“Students will participate in regular social bowls competitions and be active members of the Ipswich Lawn Bowls Association.”

Ms Nolan said the schools to benefit from the initiative were:

Ipswich West Special School  
Goodna Special School  
Claremont Special School  
Ipswich Special School  
Inala Special School

The project is one of 39 in Queensland to receive a share of \$500,000 in funding, from the second round of the State Government’s \$1.5 million Smart and Healthy Schools Grants.

“The grants help schools to expand the opportunities available to students to participate in a range of fun and rewarding sports and physical activities,” Ms Nolan said.

“Being overweight and obese is on the rise among children. The food and drink children consume and the amount of physical activity they participate in impacts on their health and their ability to learn.

“Healthy, active students tend to be happier and better focussed on learning.”

Ms Nolan said local schools worked together in clusters to create innovative projects, in partnership with local community and sporting groups.

“The clusters of schools have come up with some very innovative programs that benefit their students as well as other community members,” she said.

The efforts to increase sporting and physical activities among students will complement the State Government's recently announced Healthy Food and Drink Supply Strategy for Queensland Schools.

The new policy requires state schools to have healthy menus in place by July 2006. The aim is to encourage greater consumption of fruits, vegetables and other healthy foods, while significantly limiting tuckshop items like sweets, fried foods, cakes and artificially sweetened soft drinks.

The Smart and Healthy Schools funding is part of the Beattie Government's election commitment to spend \$6.9 million over four years on initiatives to improve the nutrition and fitness of students.