

## Dulwich High School of Visual Arts and Design

Dear Parents/Carers

This year our school has registered to participate in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

Over a ten week period **2/4/26 - 5/7/25**, our 7-10 PDHPE classes will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim for students is to work towards an average of at least 45 minutes (Silver award) of activity a day for ten weeks.

Our school will be working towards an average class award level of silver at the conclusion of the Challenge, with the highest achieving student in each year group also receiving the premiers challenge medal.

We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

For secondary students: Students are encouraged to bookmark the free PSC Tracker site on their devices, to aid in recording and monitoring their physical activity levels **OR** students will also be issued with a logbook to record their daily physical activity.

Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze), signed by the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

If you would like to discuss any aspect of the Challenge, please contact your child's PDHPE teacher who will be pleased to talk further with you.

Yours sincerely

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