



Bush Fit Mob

ISSUE 3, MARCH 2018

MONTHLY NEWSLETTER

HEALTHY BODIES, STRONG MINDS

BFM Month in Review

In March Bush Fit started its 6 week program with Sports Mindset and it has been a huge success! Two of the 6 weeks of the "Sports Mindset Challenge" have been completed this month with visits to Umbakumba



and Milyakburra Communities. There has been very positive feedback from teachers and principals during the visits from SMS with principals reporting much higher school attendance during the SMS visits.



Football Federation NT ran a week long program in Angurugu this month to provide training and skills sessions to the students while also assisting in the Young Men's weekly Fitness Program. Reza ran some fantastic skills sessions during the school period and the kids loved the lunch-time soccer matches!



A highlight this month was the start of our Deadly Fun Run Series where BFM along with YSR and assistance from various service providers hosted the Angurugu Colour Fun Run. It was a great day of food, fitness and colour! Congrats on a job well done to all of our participants and a big thank you to all of the volunteers who helped out on the day!



BFM News in Schools

YOGA AND WELLBEING

In the Yoga and Wellbeing Program Romy focused on incorporating yoga with body psychotherapy, dance and art to offer the students many different



opportunities to express their feelings. These forms of exercise used imagination and the sub-conscious to express what can be held in the body and mind.

SCHOOL ATTENDANCE REWARDS

Bush Fit Mob are planning an incentive-based excursion to Cairns in April to the Commonwealth preliminary basketball games in Cairns! Four students from across Groote Eylandt will be selected to participate in this trip based on overall school attendance and positive extra-curricular after-school activities. Stay tuned to next month's newsletter to hear all about how the trip went!

INTER-SCHOOL SPORTS FRIDAY

Bush Fit Mob are continuing to assist with the running of the Friday weekly Inter-School Sports Carnival.



Every Friday Umbakumba, Angurugu and Alyangula schools gather in Alyangula to participate in various sports activities such as basketball, soccer, netball, athletics.

Q & A with Principal Matt Henseleit - Angurugu Community



Q: As Acting Principal of Angurugu School what do you think of the Bush Fit Mob program so far?

A: *"I think it is excellent. I think it is really good for Angurugu and I have never seen anything like it in any school that I have worked in."*

Q: What positive impact has the Bush Fit Mob program had on the school?

A: *"Attendance, relationships with staff and students, healthy lifestyles and good role models for the kids."*

Q: Do you have any feedback on the Bush Fit Mob Program?

A: *"More local staff to help run the Bush Fit Mob program would help but at the moment I don't think anything needs to be improved about the program the way it is running at the moment."*

Q: What affect has the Bush Fit Mob program had on school attendance in Angurugu?

A: *"School attendance has definitely improved with the Bush Fit Mob program. I can't quantify it with numbers yet, but it has made an improvement for sure."*

WHAT'S COMING UP?

APRIL 2-6: SPORTS MINDSET CHALLENGE @ ANGURUGU

APRIL 6-9: COMMONWEALTH GAMES TRIP TO CAIRNS

APRIL 16-20: SPORTS MINDSET CHALLENGE @ UMBAKUMBA

APRIL 16-20: YOUTH WEEK

APRIL 20: COLOUR FUN RUN @ ANGURUGU