



## Fitness by the Sea

A very big thank you to all the people who made Portland's 'Fitness by the Sea' such a success! A showcase of free activities to come and try, the six day event saw over one hundred people involved.



Special thanks to Portland YMCA and Portland District Health for coordinating and to YMCA for providing a healthy breakfast at the foreshore events.

Big thanks to Brenda's Functional Fitness, YMCA, PT@HOME, Portland Parkrun, Portland Runners' Club, SNAP Fitness and Portland District Health's Exercise Physiologists for hosting the activities, providing their equipment, time and expertise.

Thanks also to all the people who turned up sometimes in the dark, did Zumba on the Skate Precinct stage, Metafit on the grass, Pilates on the half court, and discovered their BP reading pre and post exercise at Parkrun and much, much more.

And finally, thanks to the many who told their friends and work colleagues and gave feedback! Your suggestions and comments help shape future events of this kind, making it easy to be active in Portland.

## Physical Activity that Encourages Lifelong Fitness

Physical Education curriculum has moved into an exciting direction giving Bayview College students the skills and opportunities to participate in physical activity to enhance their health-related fitness and wellbeing across the lifespan.

Bayview College Physical Education teachers, Mr Andy Murrell and Mrs Leanne Outtram have been working with the students on individual and group fitness activities that can be included in everyday life.



The Year 10 students completed a triathlon at Nuns' Beach bringing the three disciplines of swimming, cycling and running together. Students had the option of competing as a team or as an individual. Special mention to Bailey Pappin who completed the triathlon individually.

This event has replaced the traditional Bay Swim.

## Food Art at Portland Primary School

During Term 1 the students of grades prep to 2 at Portland Primary School participated in the theme of Art Makes Sense and did lots of exploring in Art using their five senses. Each week they wanted to use their sense of taste but decided, with their teacher's encouragement, not to eat the paint or textured fabric.

Finally for their last Art session in the term they created art that was edible. Using salad items, cheese and hard-boiled egg, seventy Portland Primary School children created art from food, then ate it! Art teacher, Marg Millard, ensured the special dietary needs of students were catered for, including two requiring Gluten Free. The children proved that food as art is appealing and tasty. Along the way, they received important messages about healthy food for energy, for growth and choosing from the different food groups.



## Portland Secondary College Using Natural Energy to Power Technology

Portland Secondary College student leaders , generate their own power and recharge their devices at a Recharging Hub.

Over 200 Year 11 and 12 students and their teachers were involved

“Year 12 students have already commented that by doing some gentle cycling while they study will be a benefit in their stressful final year” – Emily and Oscar.

Emily and Oscar want to harness student energy, activate learning, help build awareness of sustainable options for our future, using human powered bike furniture.

The benefits, students energising through exercise while studying, working, meeting, reading or just relaxing.

What’s next? Emily and Oscar want to raise funds to put a kiosk of three recharging stations for laptops and other devices available for all students in the College’s Library foyer.

To support, email at [Portland/sc@edumail.vic.go.au](mailto:Portland/sc@edumail.vic.go.au) Attention: Eco Project Emily and Oscar.

## Stand up Paddle Boarding



Local women, Carrie and Donna teamed with NALU Surf to host a ‘come and try’ stand-up paddle boarding. This free event took place at Portland’s main beach. Over 50 people attended, ranging in age from 7 to 70

Join [‘Portland SUP \(stand up paddle boarders\) in Victoria, Australia’](#) Facebook Group for updates and more information

## Active Health Practice Providing Education Opportunities for GP’s to Support Breastfeeding

Active Health Practice GPs Marg and Deb Carrington attended a workshop in Ballarat for registrars. Marg delivered a short workshop to cover breastfeeding education for the 160+ doctors attending. Other actions supporting breastfeeding include AHP GPs attendance at Australian Breastfeeding Association (Portland Group) Education Class.

## Feedback & Contact

“We listen to the SEA Change radio program every week”, Robyn

Contact: Thanks for the feedback and to those who sent their ‘news’ in. If you would like to include an update of your SEA Change activity, please forward details to Lindy at [lindy.stuchbery.pdh@swarh.vic.gov.au](mailto:lindy.stuchbery.pdh@swarh.vic.gov.au) or view our webpage on [www.seachangeportland.com.au](http://www.seachangeportland.com.au)

**All Portland Children live, learn & play in a community that makes it easy  
for them to eat healthy & be active!**