2014 Live Right, Feel Bright Schools Program

The Adelaide Football Club Community Development team is pleased to announce that the Live Right, Feel Bright Schools Program will continue in 2014. The importance of exercise and healthy eating will again be the theme of the Live Right, Feel Bright Program this year. The program will be available all year round however, during the football season school visits will be booked in conjunction with the 2014 SANFL League Fixture. For example; the Crows play North Adelaide in Round 1 so the aim will be to visit North Adelaide zoned schools the week prior to Round 1, Sturt zoned schools prior to Round 2, Centrals zoned schools prior to Round 3, etc. The LRFB Program will consist of 2 visits to your school with a possible 3rd visit available to be earned, which is explained below.

Visit 1: Students from Reception to Year 7 will participate in the first visit, which will consist of a presentation to the students with videos to watch, prizes to give out and a visit from our club mascot Claude the Crow. The presentation will go for about 45 minutes and all students will receive Crows merchandise such as posters and stickers. After the presentation has concluded, Reception to year 3 students will be invited outside to participate in a 30 minute football clinic. (Logistics will be worked out once the booking has been made. We can see 3 classes at a time and conduct a maximum of 3 x 30 minute clinics in a day – a total of 9 classes).

Visit 2: The second visit will run for about 30 minutes and only be available for students in years 4 to 7 (negotiable). The session will involve another presentation to the students with videos and more prizes. The students will be given work books relating to the videos for them to read through and fill out during the session and students will need to bring a pen or a pencil with them to do so.

During the session the students will be informed of the Live Right, Feel Bright test, which consists of a 10 day ‘test’, where students aim to complete and record 60 minutes of exercise and consume 2 serves of fruit and 5 serves of vegetables over each of the 10 days. There are 2 diary pages in the work books for the students to record their progress. Once the students have completed the 10 days, classroom teachers are then asked collect as many diaries as possible and send them back to the football club. We will then process all of the diaries, pick out winners and then contact you for a 3rd visit. There will be prizes for the winning class and also an overall individual student. All the winners will be decided in conjunction with you.

After the presentation, there will be an opportunity for any Reception to Year 3 classes to participate in the football clinic if they missed out during the previous visit (only applicable if your school has any more than 9 Reception – Year 3 classes or if time did not permit all Reception – Year 3 Classes to be seen during the clinics of the first visit).
**Visit 3:** The 3rd visit is only available if your school returns over 50% of the participating students’ diaries. The session will involve a visit from one of our younger players to assist with their personal development. We will conduct an interview with the player and give the students the opportunity to ask some questions. After the questions we will announce the winning class and the overall individual winner (both decided in coordination with you) and give out their prizes. The members of the winning class will each receive a Crows hat, the winning student will receive a Crows pack and each student that returns their Live Right, Feel Bright diary will receive a certificate. This visit is usually about 2 months after the initial visits and also depends on how quickly the diaries are returned and processed.

It is a condition of the program that all students attempt to complete the test and that yourself and the teaching staff do their best to encourage the students to complete their diaries and return them. We do need your help to employ the program across the participating classes and make sure the students are doing it properly. The information that we receive back from the students is all used for research by Uni SA and the more information we receive, the better. Students’ identities will remain anonymous.

You may also be required to complete a Uni SA pre-program survey and post-program survey. This involves a number of students anonymously answering a series of questions relating to their diet and exercise views and habits on a computer prior to participating in the Live Right, Feel Bright Program and then answering the same questions after they have completed the program. It is a very simple process and is not very time consuming. The surveys take about 5-10 minutes for most students to complete. If you are required to participate in the study, your cooperation with the Uni SA students and professors would be greatly appreciated.

If your school would like to participate in the Live Right, Feel Bright program in 2014 then please return the expression of interest form (attached). If you require any more information on the program, please contact Nigel Osborn on 8440 6663 or email nosborn@afc.com.au.

*Please note that there have been a number of schools who have missed out on participating in the program over the last two years. These schools have been placed on a waiting list and been given priority over new schools wanting to participate in the program. We still need you to return the expression of interest form if you would like to participate in the Live Right, Feel Bright Program in 2014 or be placed on the waiting list for future years. Your understanding is greatly appreciated.*
Westpac Centre Tours

Unfortunately in 2014 the AFC will not be conducting tours of the Westpac Centre. Instead, tours are being run at our brand new home of football, Adelaide Oval. If your school is interested in a tour of Adelaide Oval then please call 8211 1100 or email tours@adelaideoval.com.au. You can also visit the Adelaide Oval website www.adelaideoval.com.au.

Kind Regards and Best Wishes for 2014.

Yours Sincerely,

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