

q circus: WESTSIDE CIRCUS

Education Week 2017 Healthy Mind, Healthy Body

Westside Circus is helping to make Victorian kids happier and healthier as part of Education Week 2017
This year's Education Week will be celebrated from 21 to 27 May



During the week, organisations will hold activities that relate to the Healthy Mind, Healthy Body theme.

Education Week will showcase activities going on at schools related to the Healthy Mind, Healthy Body theme, from sport, dance, mentoring, yoga, meditation, reading, and art, to camps, excursions, breakfast clubs, healthy canteen menus, stress management and resilience; and more.

Westside Circus is thrilled to be holding an activity during Education Week with support from the Victorian Department of Education and Training.

This year, Westside Circus is offering two programs: Acrobatics and Aerials with Westside Circus and Percussive Juggling with Westside Circus. Percussive Juggling introduces the fun that can be had challenging your own hand/eye coordination and learning some smart and catchy rhythms. Acrobatics and Aerials is just that, basic acrobatics (tumbling and handstands etc) and aerials (trapeze and tissu etc). Learn how to roll like a rock or fly like a bird!

This will help kids to engage in physical activity that also develops their confidence, persistence, team work skills and resilience (the basis of all activities in social circus), an experience that embodies the underlying concepts of the Education State target.

"... Education Week gives an opportunity for schools to access our workshops who may not have had the opportunity to do so otherwise; this is important as it means we can provide a fun and positive experience for many more children..." said Jafar Abdus-Samad, Operations Coordinator at Westside Circus.

The overall goal of Education Week is to positively highlight the strengths and achievements of Victoria's government education sector. The Healthy Mind, Healthy Body theme aligns to the Education State target of Happy, Healthy and Resilient Kids, which recognises that the healthy development of our students helps to drive the future prosperity of Victoria.

Westside Circus is one of 17 activity providers hosting engaging and informative sessions across Victoria as part of Education Week.

Details of how schools can book for this, and other activities, are on the Education Week website <http://www.education.vic.gov.au/educationweek>



**GIVE YOUR WORD. PROMISE
TO STAND UP AGAINST HOMOPHOBIA,
TRANSPHOBIA & BIPHOBIA. ALWAYS.**