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2018-11-15 School Health & Wellbeing Programs

## Overview of O2 Active Services & Staff

### INTRODUCTION

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At O2 Active our extra curricular wellbeing programs do not sit on their own. Skills, growth mindset and emotional learnings in the programs should have cross curricular impact. Students will learn how to process emotions they are going through and develop their social competence.

We believe wellbeing programs will have cross curricular awareness and recognise we are a valuable resource that can help staff deliver health, wellness, social and personal development to students.

The wellbeing programs will assist students when they are feeling stressed in class and throughout their associated schooling and personal development. Learning to manage the emotions they experience through situations will teach them social competence. Our school programs will teach students to process and express their emotions and improve their overall health and wellbeing. The programs will also act as a place they can visit to manage their stress through physical activity, movement, stillness, mindfulness, creativity and fun in a safe and nurturing environment.

Children, staff and parents will be invited to explore their emotions, values, strengths and their own capacities. They will learn about living a healthy life, managing their own experiences, thoughts and behaviours and better understand their peers.

### SERVICES

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Based in Perth, Western Australia, O2 Active is a team of experienced and qualified Accredited Exercise Physiologists (AEP), allied health professionals, fitness and wellness trainers.

Our team collaboratively design and implement effective programs for schools, individuals, groups and workplaces. We also offer group fitness classes and a range of clinical exercise, rehabilitation and specialty classes. Our range of group fitness classes continues to grow and currently includes pilates, yoga, jui jitsu, kinder karate, dance, kinder dance, Konga, meditation, barre, boxing, bootcamp, HIIT, spin, Zumba and run club.

Our school and corporate services are tailored to our clients diverse requirements – from managing in-house corporate fitness centres and education programs; running early years, junior and senior school programs and classes in addition to facilitating “Lunch & Learn” wellness seminars and development days.

O2 Active's key areas of expertise include corporate and school fitness and wellbeing programs, exercise physiology, stress management, healthy weight management, sport specific programming, rehabilitation and management of chronic pain and medical conditions. We also offer health/lifestyle and workplace interventions and preventions programs and science-based health and wellness seminars.

We are experienced in running extra curricular programs, professional development wellness days for staff, and have facilitated programs inline with the School Curriculum and Standards Authority.

In addition to our schools and education programs, our other clients include large corporate and private enterprises,



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small to medium businesses and professional sporting groups such as the Fremantle Dockers and other sporting teams. We also run classes each week at numerous Perth locations that are open to the general public.

O2 Active also has a growing Workers Compensation practice which is complemented by our range of services offered in stress management, rehabilitation and ergonomic programs.

Passionate about the industry, O2 Active has been selected as one of the UWA host business placements for students completing their Masters in Clinical Exercise Physiology. UWA students are placed with O2 Active on a full-time basis for four weeks. During their placement, students observe, participate, facilitate and help create program content including workouts, wellness presentations and marketing with the guidance and mentoring of O2 Active's director, Caitlin Hunt.

A list of our main current wellness services is listed below:

- Exercise physiology
- Fitness sessions (5-11yo, 12-18yo, adults, parents and children combined, staff team building/PD)
- Pilates and Yoga (for students, staff, parents and children, dancers, runners, team sports, study stress release, achieving balance with Generation Y etc. all focusing on positive mindset)
- Zumba
- Dance and movement (2 yo-adults)
- Strength and conditioning
- Self defense (4-7yo, 7-9yo, 9-11yo, 12-17yo)
- Meditation and mindfulness
- Mindfulness through art
- Stress management
- Communication
- Massage
- Early years initiatives
- Child initiatives
- Teen initiatives
- Parent child bonding / relationship development initiatives
- Year 12 students / teacher / school relationship development initiatives
- Nutrition, cooking and educational food demonstrations
- Lunch & Learn Seminars
- GP (Doctor for relevant services)
- Mental health nurse therapist
- Workers compensation claims (Exercise Physiology)
- Health assessments
- Posture and health spot checks
- Ergonomics
- Positive body image workshops
- Professional development and team building days
- Health promotion (e.g. RU Ok Day)

Participants may be eligible for health fund rebates for some of our classes and services.



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## **BENEFITS OF OUR SERVICES**

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### ***For Students***

The needs of all age groups are to learn how to live well, healthy, happy, safe and active lives. Doing so at a young age will set them up for well after their school life. We will also teach them team building skills, expression, resilience, persistence and how to explore their minds, emotions and bodies. Children (and adults) don't just need education on wellness, they need education coupled with inspiration to develop long term wellness.

Little kids need to learn a love of movement and explore what and how their bodies can move and think. They should develop a love of creativity and movement. Their first experiences should be joyful so they learn to love it. Active play plays a role in learning these early learning initiatives as do games, sports, rhythmic and expressive movement, and stillness activities.

As they grow older, children become aware of their own identity, social interactions, emotions, relationships and communication. Our wellbeing programs are a great place to develop, enhance and express attitudes and values from these learnings and build self esteem. They will learn how to respond to keep themselves safe, healthy and well. Learning resilience and persistence in life is important for children of this age.

Exploring movement, thoughts, challenges and failures at this age will also help them grow as little people.

They will investigate health promotion and what wellness is. They will develop emotional literacy, learning about respect, empathy and how to value relationships. Students will learn how to regulate their emotions and what impact their emotional responses can have on their relationships / friendships.

Working in teams teaches them cooperation and fosters friendship building skills. Through wellbeing initiatives incorporated in O2 Active programs, students will learn coping strategies to identify and manage emotions and stress, again all a part of personal and social / leadership competency, self confidence and learning good decision making skills.

As they move into the higher levels of school O2 Active can help students learn about and embrace their hormone changes and raise awareness on the effects it can have on their emotions. Sexual identities are formed and developed in these older age groups and can have an impact on students mental and physical health. Bullying, conflict (in family, social or online environment) and peer pressure becomes stronger with a high importance to fit in so o2 Active continues to teach good decision making skills, self assessment and reflection, conflict management, appropriate bystander behaviour and teach them where they can source help if they need it for themselves or their peers, and better understand the impact their actions can have on others.

### ***Parents & Teachers***

Our wellbeing programs can also be used as a place where parents can further develop and deepen relationships with their children by creating activities in which they share experiences and learn communication skills through shared activities.

Teacher to student relationships, especially in the later years of schooling can be developed in a similar manner. Parents and teachers can both become healthy role models for students.

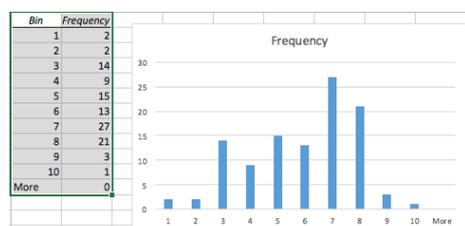
Wellbeing programs also provide an opportunity for teachers and support staff to find a healthier balance in their own lives and develop better stress coping mechanisms.



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A survey we completed at a private school staff PD retreat day saw staff rate their perceived stress levels as shown in the graph below.



This was just after a two week school term break and at the start of the term. Teachers also perceived themselves to be typically sedentary, under eating and making poor/ quick food choices due to time constraints. They described themselves as low energy, experiencing some form of neck or back pain over the year due to the ergonomic environment of leaning over desks / sitting on the floor / hours of marking and being time poor.

With O2 Active onstructors onsite, it was a great opportunity to set up an intervention for improving the staff health and wellness in a time efficient manner that the school could continue on with after the retreat.

Programs and seminars saw teachers improve their posture, energy levels, decrease stress levels, improve their sleep quality and better cope with nerves, performance anxiety and stressful situations. All resulting in them performing as better teachers.

Investing in their own personal well being and ongoing personal development allowed them to put their best selves forward to students and parents. Staff were able to maximise the productivity of their preparation and marking time and develop better strategies for dealing with difficult conflicts (students and parents).

Living a healthy more balanced life elevated how staff views of themselves and also helped improve how parents and students view the staff. Through creating an awareness off wellness within the school, staff could better understand, identify and help children suffering from nervousnous, anxiety and behavioural issues.

## KEY PERSONEL

### **Caitlin Hunt (Director)**

Director of O2 Active, Caitlin founded the business in 2011 and has over 20 years experience in the Allied Health, wellness and fitness industry.

She has a Bachelor of Science (Exercise and Health Science) degree from the University of Western Australia and is an Accredited Exercise Physiologist (AEP) through Exercise Sports Science Australia (ESSA) which allows her to work on conjunction with doctors and specialist services in rehabilitation and injury prevention.

Additional qualifications completed include Mat Level 1 & 2 and Reformer Pilates studies in 2003. Further training during 2005 in Flow-Yoga was completed along with continued studies at the Byron Yoga Centre since 2011.

As the director of O2 Active, Caitlin manages the business, its development and finances. She is primarily responsible for maintaining the businesses relationships with its consulting doctors, physiotherapists, occupational therapists, HR and HSE departments and ensures the team at O2 Active works collaboratively to meet each clients specific requirements.

Caitlin manages a team of fourteen personnel within the O2 Active group. She ensures the team continues to grow and develop to meet the needs of its diverse client base. Staff are selected based on their professional skill sets, great people skills and a positive and caring outlook with a passion for creating a positive change to the lives of those we are in contact with. This is a formula Caitlin believes can best impact her clients and makes O2 Active one of Perth’s most respected, professional and reliable health, fitness and wellness companies.



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Major clients Caitlin has built strong relationships with include Ernst and Young in Perth where O2 Active is the primary health and wellness service provider and manages EY's inhouse wellness facilities called the Perth Wellness Center. The facility runs fitness, pilates and yoga classes, massage, physiotherapy, exercise physiology, workplace wellness seminars and inhouse health promotions and content. The PLC Lighthouse has also entrusted Caitlin and her team at O2 Active as their primary health and fitness provider, developing programs that cater for early years students right through to it's staff.

Prior to O2 Active, Caitlin founded Silhouette Dance Studio and had completed a Certificate 2 in Dance at WAPPA and Intermediate Classical Ballet exams through the Cecchetti Method. Students at Silhouette ranged from 2 year olds to adults.

Caitlin's passion for the industry and in teaching the benefits of health and wellness has seen her continuing to work with children and adults. A special interest of her's will always be in helping children develop their sports performance, improved posture and improving coordination in children with dyspraxia. She also work with children as a mentor to promote positive body image and address eating disorders.

#### ***Sacha Norsworthy (Facilitator/ Second in Charge)***

Sacha is O2 Active's second in charge and is a qualified yoga instructor in addition to holding a Double Honors in Arts and an Advanced Graduate Diploma in Secondary Education.

Prior to working with O2 Active she was a full time Kindergarten – Year 12 teacher for seven years in private schools in Sydney and Perth - most recently All Saints College. In 2009 she attained an Advanced Graduate Diploma in Yoga Teacher Training (1200 hours). She also holds 200 hours Yoga Teacher Training and 2 x 500 hour teacher training modules in advanced philosophy and advanced sequencing.

She has competed professionally in Latin dancing and taught Salsa, Bachata and Merengue dancing.

Her love of teaching movement and fascination in the abilities of the human body and mind have seen created Sascha take on an important role at O2 Active where she can share her passion of health and wellness and help others.