

10,000 Steps Community Grant Outcomes



Mackay Hospital and Health Service - Steps for Schools

Grant Objectives:

- Encourage physical activity and highlight the link between physical and mental health.
- Connect people within each school by giving them a common goal.
- Link more remote communities such as Glenden and Bowen to make them feel part of a wider community and give a sense of belonging.



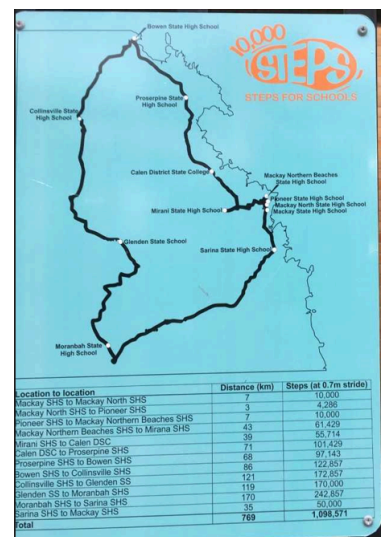
Community Team
Tournament



Walkway
Signage

Grant Outcomes:

- An aluminium sign was developed and provided to each school which displayed a map of the area, linking the state high schools. The map sign also contains a table outlining the distances and steps between the schools.
- A sign was provided to each school in the region to display at their front gate or at the office.
- A Steps for Schools Time Out Tournament was run over a two-week period for staff, students and parents who were provided with pedometers.
- Schools which participated in the Tournament included Mackay North SHS, Mackay SHS, Pioneer SHS, Mirani SHS, Proserpine SHS, Collinsville SHS, Bowen SHS and Calen SHS.
- The Community Tournament was promoted through email, notices, newsletters, online, social media and at staff meetings.



“Teachers were seen checking their pedometers as they walked around the school. They encouraged each other to improve their efforts and the challenge became an excuse to talk to each other.”



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