

# ILLAWARRA MERCURY

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## Mount St Thomas PS students get active with Australian netballer



NSW Premier's Sporting Challenge visit to Mt St Thomas Public School by Australian netball star Paige Hadley

Pictures by Adam McLean

NSW Swifts netballer Paige Hadley practices what she preaches.

But the fit 24-year-old wishes the importance of eating right and being active was encouraged when she was younger.

That's why she jumped at the chance to give that "important" advice to Mount St Thomas Public School students on Tuesday.

The Australian netball representative visited the school in her role as an ambassador for the Premier's Sporting Challenge.

"Physical activity and eating healthy are hugely important, especially considering obesity is a growing problem with young Australian children," Hadley said.

“As an ambassador I hope to inspire the next generation to live an active and healthy lifestyle and enjoy what they do everyday.”

Having just finished her Swifts’ commitments for this season, Hadley lists winning the 2015 Netball World Cup as her most memorable sporting achievement.

She was also part of the Australian Diamonds team which won the Quad Series in South Africa earlier this year.

“I’ve now set my sights on competing at the Commonwealth Games on the Gold Coast in 2018 and the 2019 World Cup,” Hadley said.

School relieving principal Ronda Moon said it was great to have Hadley visit the school and promote the benefits of healthy life choices to students, teachers and parents.

“We have been running PSC [Premier’s Sporting Challenge] program for 10 years,” she said.

“It is great to be involved in a program that aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.”

The promotion, running an administration of the 10-week sporting challenge at Mount St Thomas PS has been led by year 5 and 6 student leaders.

“These students recently attended Figtree High School with our community of schools to participate in games and sports they could then lead in their own primary schools,” Ms Moon said.

Students this year have played lawn bowls, tennis and participated in basketball gala days and knockout tournaments.

They have also done swimming, cross-country, athletics’ skill development, fundamental movement skills, an after-school AFL program and movement skills associated with the Rock and Water program.

“Students are also currently involved in an in-school touch football competition,” Ms Moon said.

This year over 360,000 students from more than 1500 NSW government schools are taking part in the challenge.