

## Dance2bfit

Contact Trent Taylor Manager  
Phone 02 9758 1600  
Email [Trent@Dance2bfit.com.au](mailto:Trent@Dance2bfit.com.au)  
Mobile 0409 159 330  
SFP Pty Ltd  
ABN: 73 002 368 943



# Media Release

24/01/2023

Ready for the Challenge Event – Friday 4<sup>th</sup> February 2023

## Enticing students back to school

How school Principals are finding creative ways to excite students back to school.

Homebush West Public School is “Ready for the Challenge”.

The complexities of the past few years have impacted us all, we’ve had to respond to circumstances we have individually and collectively, not had to deal with before. We’ve had to exercise our agility and flexibility and resilience more than ever. A number of the strategies we’ve had to implement to stay safe have seen many retreat to “comfort zones” to increase safety. In 2022 we were collectively exhausted, and many were overwhelmed. We had to focus on developing strategies to “fill our cups” and take care of our physical and mental wellbeing. This year, we are focusing on moving out of zones of caution, comfort zones, moving through the fear zone into the learning and growth zone. We are “ready for the challenge” we are ready to challenge ourselves.

At Homebush West PS we always start the year, looking forwards. Whilst many students across our public schools have great holidays, and memorable moments, many more have not spent the break on beaches, adventuring or travelling. In fact many have been sedentary, in apartments, in care with limited opportunities. At Homebush West we focus on creating memorable, teachable moments at school and ensuring that Week 1, Term 1 we set the tone for our students. School is a great, exciting place to be with opportunities and challenge.

This year HWPS students and staff will start the day with a challenge course which has been designed to promote fitness using inflatables where students can exercise while having a great time.



Challenge2bfit Inflatable Obstacle Course setup at Homebush West Public School.

###

If you would like more information about this event please contact Trent Taylor 0409 159 330 [trent@dance2bfit.com.au](mailto:trent@dance2bfit.com.au)

[www.dance2bfit.com.au](http://www.dance2bfit.com.au) – short 2min video of our school programs