



These are truly extraordinary times and ‘normality’ has been suspended. However, for the Dragons Community team, it has provided us with the spark to adapt to current conditions. We are able to report that we are receiving very positive feedback on particular programs which we have adapted (see below) and our planning is underway for meaningful content across the next few months.

[The Best You Can Be..... At Home](#)

With the 2020 NRL Telstra Premiership season currently suspended and Dragons Community’s ‘face to face’ programs on hold, we are extremely fortunate that the BYCB resource is provided to teachers digitally as well. This has proven to be very timely indeed. Teachers across our catchment are using it in their online instructional learning and we have responded by upgrading and making this process more conducive for teachers to upload and place in daily lesson plans. (see below – Weekly Website Article)

Weekly Website Article

- Every Wednesday we will be sharing one page from our resource online to download. These pages will always relate back to our ‘6 ways to a healthy lifestyle’ cycle, prominent throughout our resource. **This will also be supported by player and ambassador vision.**

Website topics -

- Week 1 H2O What’s Happening to Me?
- Week 2 Sleep
- Week 3 Circuits
- Week 4 Screen Time & Cyber Safety
- Week 5 Healthy Lifestyle Review
- Week 6 Lifestyle Choices (2019 version)
- Week 7 Reflecting on The Week

All 273 teachers using the resource will receive weekly reminders and additional information on each topic.

Feedback from teachers has been very positive, complimenting us for providing fun, educational and engaging activities for families and children who are being home schooled.



- *Thanks Paul. We have been setting students tasks at home. They have really enjoyed creating their own circuits and some have posted videos of them doing the daily circuit and sometimes challenging younger, older siblings and parents to join in.*
Judy Harris, Lugarno Public School
- *Thanks Adam and yes what a crazy time!!
Who would have thought your online resource would come in so handy in these times. I'll add something to my class work for next week and plan for next term to include this.
Take care everyone & stay safe xx
Regards, Michelle Pigram, Keiraville Public School*
- *Thanks Dragons,
We have the kids doing the circuit as best they can as our Monday fitness activity.
Look forward to the website.
Take care, Di Body, Russell Vale Public School*

- *Hi Evo,
I hope you are going ok, mate! Thanks for sending this stuff out. Anything that is an online activity is helpful for us (teachers) at the moment. Also anything that is a bit different, is a nice change for the kids. Will you send an email each week, like this, to remind us of the week's activity? That would be great.
Cheers! Matt, Unanderra Public School*
- *Hi Pam,
Thank you for this amazing resource. I have forwarded it to our Assistant Principal and hope to utilise this in our online learning programs next term
Amal Hijazi
Stage 3 Classroom Teacher, Bexley Public School*

Player and Ambassador Engagement

As mentioned above, our players and ambassadors will have the opportunity to provide vision in this content, which will further encourage students and teachers to engage. It also directly emphasizes to our players the importance in such community engagement.

Vision already complete includes:

- Cameron McInnes: Reflecting on the Week and Sleep
- Cameron McInnes: Staying Active – Passing drill
- Jacob Host: Get Active Everyday (Circuit), Eat Fewer Snacks and select Healthy options.
- Josh Kerr – Sleep and Eat more Fruit and Vegetables
- Kezie Apps- Turn off the screens and get active.

‘The Best You Can Be’ Goes Retail – Dragons Shop

With the success of the program in schools, and with many enquires coming in from members and the greater public, Andrew Wardrop and Adam Bezzina created the below retail strategy. Feedback to be provided in next report.

(see below request from member)

Best You Can Be in the Dragons Shop

Our Health and Wellbeing resource is now online and available for pre-sale purchase. A marketing plan is in place to promote across all platforms.

Customers will be directly sent a link to download the resource once they have purchased from the Dragons online shop. This link will have an expiry downloadable time so it can't be passed onto other recipients.



“I’ve just been reading about the Best You Can Be and have to say what a terrific idea I think it is, but restricted it to the St. George / Illawarra area? I’ve got 2 grandsons who live at North Richmond, one of whom, (the 11 year old) I’ve recruited as a Dragons man, much to his father’s disgust (Eels) and I reckon if I could show them this I’ll get the 8 year old too. Now isn’t the time but I’d be glad to drop some paraphernalia off to the schools in Raymond Terrace in a bid to get them involved too. Their pretty much all Knights fans, but it help to demonstrate what a great sport NRL is and help get the kids more active and focused. If you think I can help, feel free to contact me 0427 592 286. Keep up the good work.” Cheers Reg Alderson DRA _ 2937270

Healthy Kids Association – partnership (sharing content in BYCB resource)

In addition to content support, we are encouraging schools to take a Healthy Kids Association membership. At present approximately 35% of the schools in our catchment have membership. Thanks to a St George Leagues Club donation (\$550) we were able to offer 5 of our St George District schools a Healthy Kids Association membership.

These annual memberships provide expert information and activities around healthy eating. Information is provided to the school canteen, teachers with classroom activities and to students.

The fortunate St George Leagues Club recipients are: Carlton Public School, Carlton South PS, San Souci PS, Bexley PS and Peakhurst West PS.

Round 1 Wrap up



Prior to the current hiatus The NRL celebrated Round 1 of the 2020 season with the theme of A Round for All. A round where together as a game we could say thank you, recognise and honour the thousands of people who helped with relief operations as well as those impacted by the recent Australia-wide bushfire devastation.

As a club numerous activations took place.

- Coin toss – John and Margret Jessop, from Cobargo (pictured below).
- Match day ball and Guard of honour - NSW RFS, NSW Firefighter, SES
- Precinct activations – Emergency Services vehicles on display.
- Salvation Army bucket collection was to take place however due to COVID-19 this was cancelled.

Good Evening Adam,

Many thanks for the opportunity to take part in the Guard of Honour at Sunday's Dragons game. We thoroughly enjoyed ourselves. We also wanted to say a special thanks for looking after the kids so well and giving them the opportunity to sit on the sideline during the warm up and meet the Dragons women's side (Keiran also followed them closely last year too!) and they were both so excited. You went above and beyond to make the day extra special for the kids and they will remember it for a long time to come. Once again, many thanks for a fantastic experience.

Regards,

Kevin & Cheryl (and Katelyn & Keiran) Blissett
NSW RFS Volunteers

Adam Bezzina - Community Manager

