



UNIVERSITY
OF WOLLONGONG
AUSTRALIA



**THE BEST
YOU
CAN BE**

2025



NAME:

CLASS:

In 2025 we would again like to share our best practices with you and encourage you to be

THE BEST YOU CAN BE

Throughout this booklet, our players draw from their own lives to motivate you to be the best that you can be, in all aspects of life.

We encourage you to take responsibility for your day-to-day routines, your physical and mental wellbeing and ask you to think about **how to treat others**.



ACKNOWLEDGEMENT OF COUNTRY

The St George Illawarra Dragons acknowledge the Traditional Custodians of the lands our games are played, where our programs are conducted and in the communities we support.

We acknowledge their continuing connection to land, sea and community.

We pay our respects to their Elders past and present and acknowledge them as the oldest living culture in the world.



2025 RED
MEMBERSHIP
JOIN THE SQUAD

<https://www.dragons.com.au/membership/>



Scan the QR code to check out “The Best You Can Be” online portal for access to Infobytes and much more.





THE BYCB BINGO



The Dragons challenge you to complete the **Best You Can Be Bingo Card!**

How quickly can you finish all the tasks?

You can try doing it on your own or team up with a friend for some fun! We can't wait to see what you have achieved. Good luck, and have a great time!

READ A BOOK OR MAGAZINE THAT INTERESTS YOU	TOOK PART IN A DRAGONS ASSEMBLY VISIT	DONE AT LEAST 30 MINUTES OF EXERCISE	WROTE A THANK YOU LETTER TO SOMEONE WHO HAS HELPED YOU
WROTE DOWN 3 THINGS I WAS GRATEFUL FOR	TOOK PART IN A DRAGONS GALA DAY	MADE SOMEONE LAUGH	PICKED UP RUBBISH THAT ISN'T YOURS AND PUT IT IN THE BIN
SPENT TIME EXPLORING THE LOCAL OUTDOORS	NO TECHNOLOGY FOR 24 HOURS	PERFORMED A RANDOM ACT OF KINDNESS FOR SOMEONE	WENT TO A DRAGONS GAME
HAD A 2 MINUTE SHOWER	LEARNT A NEW SKILL	TOOK PART IN A DRAGONS OR NRL CLINIC	CHANGED A BAD HABIT TO A HEALTHY HABIT

HEALTH V HABITS



Australia's latest 'health report' is alarming!

Here are just a few findings which should concern all of us

10%

of Australian children aged 5-14 met both physical activity & sedentary screen based behaviour guide lines

96%

of Australian children do not eat enough vegetables

17%

of Australian children (2-17) consume 2 cups of sugar sweetened drinks per day. Lets set a goal to replace the 2 cups with water

Dragons challenge you to transform your lifestyle by reshaping your habits



DRAGONS HEALTH V HABITS



LIMIT RECREATIONAL SCREEN TIME



DRINK AT LEAST 8 GLASSES OF WATER



EAT 5 SERVINGS OF VEGGIES



EAT 2 SERVINGS OF FRUIT



CELEBRATE LITTLE WINS



MAKE YOURSELF AT LEAST ONE MEAL



GET ACTIVE FOR 10 BEFORE 10AM



GET BETWEEN 8-11 HOURS OF SLEEP



CHECK IN WITH A FRIEND



A habit is something that is routine to you and that you repeat, often without knowing it or needing effort. Some habits are good, some are bad. Creating healthy habits and giving up bad habits is good for your mental health and wellbeing.

How will you adopt these healthy habits? Start by setting your own goals for each segment of the Healthy Lifestyle Wheel on page 4

<https://www.healthdirect.gov.au/creating-healthy-habits>



HEALTHY LIFESTYLES



CREATE YOUR OWN HEALTHY HABITS

1	WATER	2	PHYSICAL ACTIVITY	3	FRUIT & VEGGIES
<hr/> <hr/> <hr/> <hr/>		<hr/> <hr/> <hr/> <hr/>		<hr/> <hr/> <hr/> <hr/>	
4	SLEEP	5	SCREEN TIME	6	NUTRITIOUS SNACKS
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DRAGONS STAGE WAR ON SUGARY DRINKS

YOU WOULDN'T EAT 16 TEASPOONS OF SUGAR
SO WHY DRINK IT?



IF YOU DRINK 1 X 600ML REGULAR SOFT DRINK EVERY DAY FOR A YEAR YOU WILL DRINK
23KG OF SUGAR

6.75KG WEIGHT GAIN IN ONE YEAR

IT HAS BEEN ESTIMATED THAT CONSUMING ONE CAN OF SOFT DRINK PER DAY COULD LEAD TO
A 6.75KG WEIGHT GAIN IN ONE YEAR

AUSTRALIA IS IN THE TOP 10 COUNTRIES

FOR PER CAPITA CONSUMPTION OF SOFT DRINK

GO ON GREEN

STOP and think about the calories and sugar in what you drink.

Did you know there are 10 teaspoons of sugar in a glass of 100% apple juice?



That's the same as in a soft drink. Be Cautious of drinks that are NOT 100% healthy (eg. 100% Juicel)



GO ahead and select, as these are the best for your body.



RED: STOP! Drink rarely, if at all.

- Regular soft drinks
- Energy and sports drinks
- Fruit drinks*
- 100% juice (over 125 mls)

Drink occasionally.

- Diet soft drink
- Low-calorie, low-sugar drinks
- 100% juice (125 mls or less)
- Flavoured milk

GREEN: GO! Drink Plenty.

- Water
- Sparkling water
- Milk- reduced fat
- Unsweetened herbal tea

*Fruit drinks only required to have 5mls of fruit juice per 100mls.



BE A SUGAR DETECTIVE

Drink	Serving Size	Sugar Per Serve (g)	Sugar Per Serve (tsp)
SOFT DRINKS			
Solo	375mL	43.1	
Coca Cola	375mL	39.8	
Pepsi Original	375mL	40.9	
Sprite	375mL	25.9	
Bundaberg: Ginger Beer	375mL	40.5	
Mountain Dew	375mL	46.1	
ENERGY DRINKS			
Rockstar: Super Sours Energy Drink	500mL	83.5	
V Energy Drink	500mL	53	
Mother	500mL	50.5	
Red Bull	250mL	27.5	
SPORTS DRINKS			
Gatorade: Grape	600mL	36	
Gatorade: Tropical	600mL	36	
Powerade: Mountain Blast	600mL	34.8	
Powerade: Lemon Lime	600mL	34.8	
OTHER DRINKS			
Lipton Iced Tea: Peach Flavour	500mL	21	

DON'T GET SUCKED IN

YOU WOULDN'T EAT 16 TEASPOONS OF SUGAR SO WHY DRINK IT?



CLASS ACTIVITES

In the column provided above become a sugar detective and convert sugar amounts from grams into teaspoons.

1 teaspoon = 4 grams of sugar



Discuss as a class how your school could change their habits in our war against sugary drinks



<https://rethinksugarydrink.org.au/>

TAKE THE 'BEST YOU CAN BE' FITNESS CHALLENGE



WHAT YOU WILL NEED



A STOPWATCH



A PEN AND FRIEND TO RECORD YOUR SCORES



10 FIELD MARKERS



YOUR BYCB BOOKLET

THE CHALLENGE

1. STRENGTH

See how many push ups you can perform in 60 seconds

PUSH UP IN CHAIR
OR
ASSISTED SIDEWAYS
DOUBLE ARM PUSH – AGAINST ADULT
OR USING
RESISTANCE BAND



2. CORE STRENGTH

How long can you hold your body in the plank position (max 2 minutes)

TOE TOUCHES IN CHAIR
OR
MEDICINE BALL LIFTS

3. SPEED

See how many times you can run forward and back over a 10 metre distance in 1 minute. Each 10 metre length is 1 point.

E.g. 14 points is 140 metres



4. ENDURANCE

9 Minute endurance run. Students are to run around a designated area for 9 mins.

The ten markers are placed evenly around the area;

e.g. a football field. This allows for scoring
e.g. 2 laps and 3 markers = 2.3





RESULTS

TERM 1

TEST	Push Ups (1 Minute)	Plank Hold (2 Minutes)					10m Shuttle (1 minute)	Endurance Run (9 minutes)
My Score		0-30s	31-60s	61-90s	91-120s	120s+		

TERM 2

TEST	Push Ups (1 Minute)	Plank Hold (2 Minutes)					10m Shuttle (1 minute)	Endurance Run (9 minutes)
My Score		0-30s	31-60s	61-90s	91-120s	120s+		

TERM 3

TEST	Push Ups (1 Minute)	Plank Hold (2 Minutes)					10m Shuttle (1 minute)	Endurance Run (9 minutes)
My Score		0-30s	31-60s	61-90s	91-120s	120s+		

TERM 4

TEST	Push Ups (1 Minute)	Plank Hold (2 Minutes)					10m Shuttle (1 minute)	Endurance Run (9 minutes)
My Score		0-30s	31-60s	61-90s	91-120s	120s+		



**DO YOUR BEST TO IMPROVE
YOUR SCORE EACH TIME!**



FAVOURITE FOOD CHOICES

Children who eat breakfast do better in school, are more likely to participate in physical activity and tend to eat healthier overall.



KYLE FLANAGAN'S BREAKFAST



Weet-Bix™ with
milk and fruit slices
Scrambled egg on
multigrain toast
Glass of milk / Glass of water

WRITE DOWN YOUR BREAKFAST



KEELE BROWNE'S LUNCHBOX SNACKS

Remember to think about 'going nude' to school! No wrappers or pre packed goods.
Always make sure you have snacks ready to go so you can avoid buying unhealthy food.



Chicken or tuna salad wrap
Grapes and watermelon (or any fruit in season)
Fruit kebabs
Dried fruit and nuts
Fruit Smoothie
Glass of water



TYRELL SLOAN'S DINNER YOUR DINNER

Stir-fry of chicken and vegetables
Glass of milk / Glass of water
Small fruit salad and yoghurt



CHOC RASPBERRY SMOOTHIE

1 cup milk
½ cup Greek yoghurt
½ cup frozen banana
1 cup frozen raspberries
1 tbsp chocolate drinking powder or Milo
Blend all ingredients together until smooth.

Serves 2



SMOOTHIE TIPS:

The frozen fruit makes the smoothie thick and delicious. If you don't have frozen fruit, you can also add ice to make it thicker and icy cold.

Smoothies are also a great way to get some extra vegetables in (you won't even taste them!). Things like frozen cauliflower florets and spinach are great additions to any smoothie. Why not experiment and see what crazy combinations you can come up with!

SCREEN FREE TIME

Electronic devices have become an integral part of most children's lives. Kids use screen based electronics throughout the day for schoolwork, entertainment, communication and more. While technology offers countless educational and social benefits, there are also downsides to our widespread easy access to these devices. One concern is the impact technology may be having on sleep.

What are some good things about screentime?

What are some bad things about screentime?



DID YOU KNOW?

Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet.

50% of children aged between 5-15 years spend more than 2 hours every day on 'small screen' entertainment.

BEFORE I START SCREENTIME CHECKLIST CHALLENGE

We are challenging you to do 2 things off this list each time before you get on the screen

- GET DRESSED, BRUSH YOUR TEETH AND HAIR
- CLEAN YOUR ROOM
- FINISH YOUR HOMEWORK
- DRINK A GLASS OF WATER
- READ FOR 30 MINUTES
- HAVE A CONVERSATION WITH SOMEONE
- GO OUTSIDE AND PLAY
- HELP AROUND THE HOUSE
- DO SOMETHING TO HELP YOUR PARENTS



ACTIVITY

Are you screen time conscious?

Before you switch on your computer at home, **STOP** and **THINK** - Am I spending too much time on my 'small screen' and not being **ACTIVE**. Does your family set Screen Time limits? Are you allowed small devices in your bedroom?

MOSES SULI DRAGONS CENTRE

Screen time is educational and fun, but always **FIND THE TIME TO GET ACTIVE**. Establish a family-agreed time for use of screens and keep your bedroom screen-free. Watching TV or using screen devices keeps your brain engaged, you **MUST LET IT REST BEFORE YOU SLEEP**





LEAGUE STARS



League Stars is an introductory program appealing to the true nature of kids in all their messy, high energy, love of fun and play. League Stars is run before or after school for primary school aged children over 4-8 sessions. The program is suitable for all abilities with a focus on practising fundamental movement skills and having a blast with friends.



Colour In Scorch!

Find in Teacher Resources



The NRL School Ambassador Program is your opportunity to be part of the NRL Schools Network. Teachers will receive the latest news, exclusive offers and opportunities for you, your school and your students.

Member Levels

Bronze

(all school staff)

Silver

(program host, school team coach and/or principal)

Gold

(League Stars host, competition convenor and/or schoolboy and schoolgirl cup head coach)

All members of the NRL School Ambassador Program receive monthly newsletters, a welcome pack*, (1) free ticket to every round of the NRL & NRLW Telstra Premiership regular season, exclusive ticket offers, competitions & more!

NRL School Ambassadors will also receive access to our professional learning resources & classroom resources.

Scan here for more!
or visit playrugbyleague.com/schools



HEY KIDS...
Don't forget to follow
the Dragons

VALUES



VRESPECTFUL

- » Right words, right time, right way
- » Be a good sport
- » Encourage others
- »

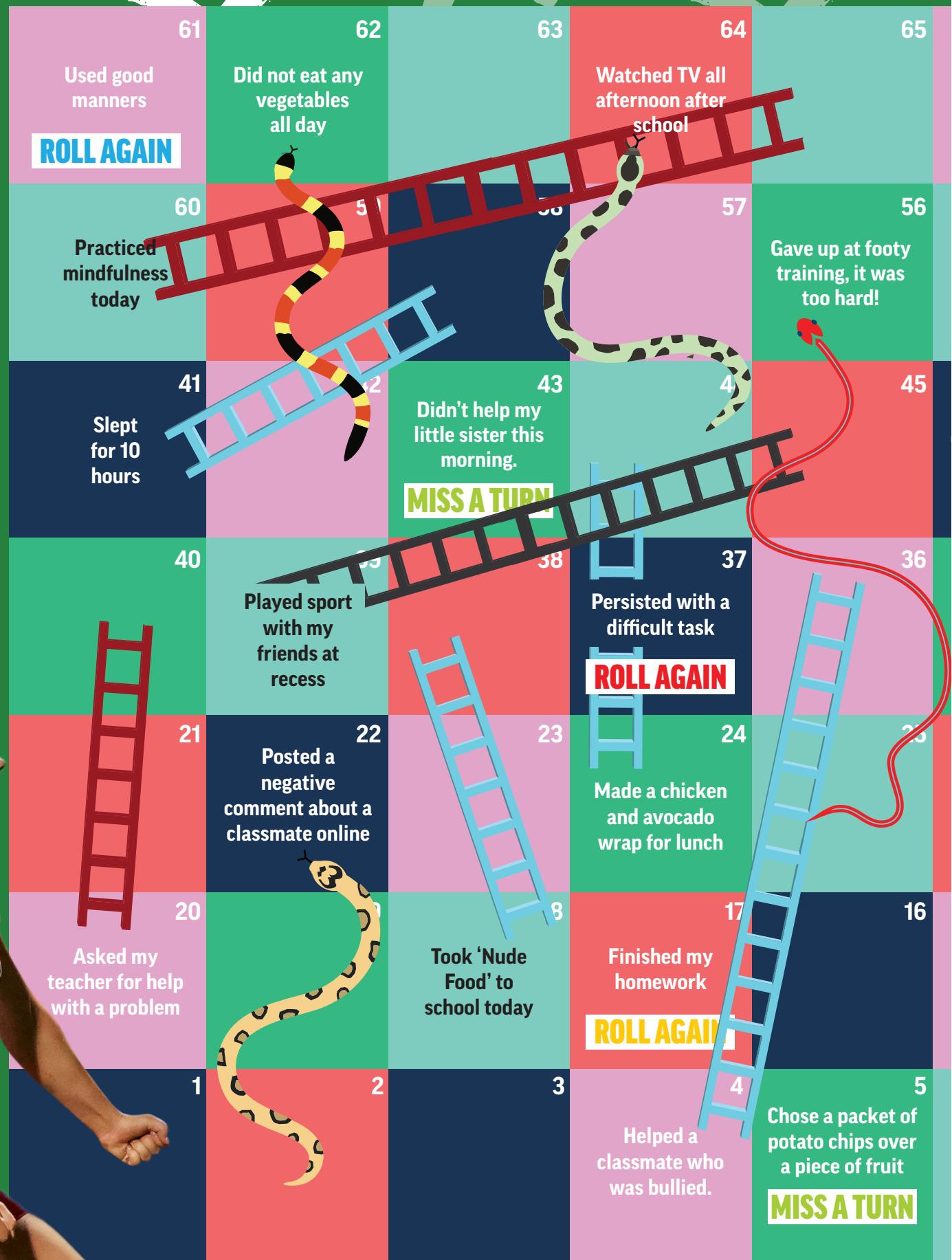
VRESPONSIBLE

- » Healthy mind, healthy body
- » Play safe
- » Play by the rules
- »

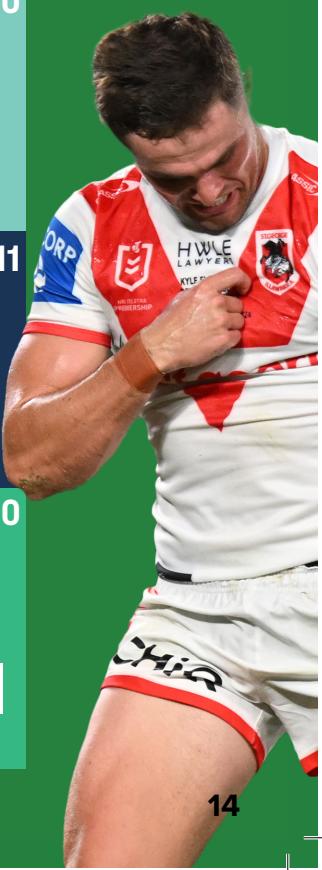
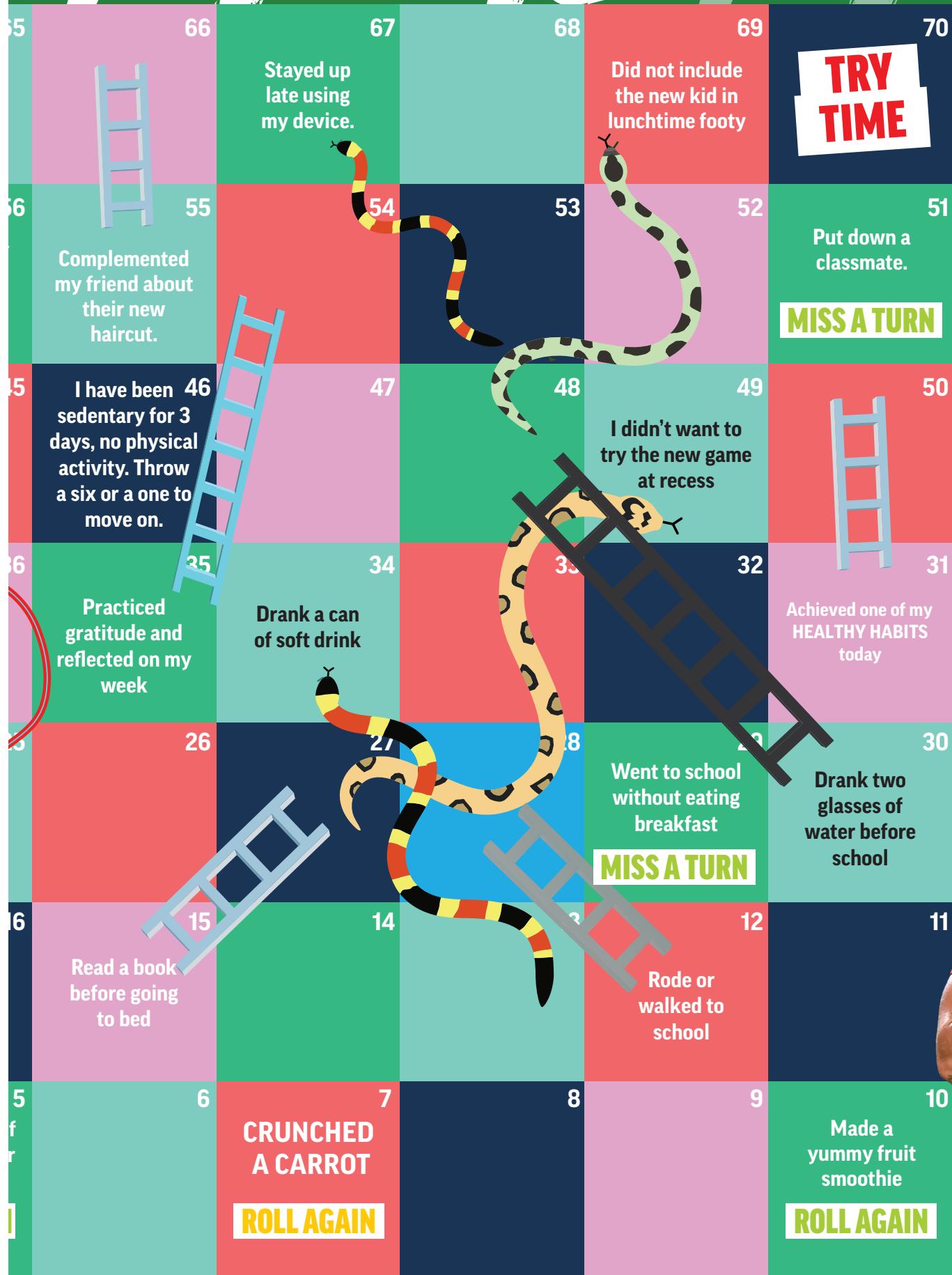
VRESILIENT

- » Stay positive
- » Accept consequences
- »

TRIVIA



TIME



TOLERANCE RESPECT INCLUSIVENESS

The ability to **respect others** is a skill that will help you in **life forever**. It is important to respect and stand up for people who may seem different from yourselves

Celebrating differences

People are more alike than different, and everyone deserves to be treated with respect and kindness.

What makes us different?

No two people are ever the same! Look around your classroom and think about different people you know. What makes you different from each other? You might like to start with their physical features and then think more critically about their identity, where they are from, their interests etc.



Think about all the different situations in life where you have to get along with others. This could be at school, on a sporting field or online.

FRIENDS ARE SPECIAL

Friends come and go in our life. Research shows that the better the quality of friendship, the happier you are.

It's important, for your happiness to be a good friend and to have individuals and groups of friends who support you when things aren't right.

There are many organisations you can talk to, including; Lifeline, Headspace, Beyond Blue and Kids Helpline.

What are the SIGNS of GOOD FRIENDS?

- You enjoy their company
- They make you smile
- They stick around when life gets tough
- You can trust them
- They respect you



'Listen to your friends. You don't have to have the answers to their problems, but they'll appreciate being able to talk'

**HAME SELE,
DRAGONS**

'Acting selflessly isn't always easy, but you'll find being kind and generous more often will actually make you happier. Smiles, pats on the back, all show you care and that your friends are important.'

**ELLA KOSTER
DRAGONS**



OUR SOCIAL INCLUSION AMBASSADORS

SCORE Dragons



Who are the Score Dragons?



Kai

Position: Dummy Half
School: KEIRA HS
Life Tip: Have trust in yourself and live your dreams



Samil

Position: Half or 5/8
School: Corrimal HS
Life Tip: Follow your dream and aspirations no matter what happens people believe in you



Brenton

Position: Dummy Half
School: Corrimal HS
Life Tip: I look up to anybody who gives it a GO!



21.4%
of Australians have a disability
5.5 million people

7.5%
of Australians are aged 75 and over
1.9 million people

3.8%
of Australians identify as Aboriginal or Torres Strait Islander
983,700 people

30.7%
of Australians were born overseas
8.2 million people

With a classmate, discuss and write down the similarities and differences between you both.

Use the below questions to help you get started

1. What is your nationality?
2. How many people are in your family?
3. Where were you born?
4. What is your favourite food?
5. What sport do you like?

SIMILARITIES

DIFFERENCES

BUILDING RESILIENCE

Just like catching, passing, and tackling are essential skills for Rugby League players, resilience is another skill that isn't innate but can be honed and strengthened over time.

Just as we refine our physical skills through practice and training, we can also build resilience through consistent effort and life experiences. We're constantly seeking ways to improve, and resilience is a crucial area we never overlook.

HOW CAN YOU BE MORE RESILIENT?

Change negative to positive self-talk

Embrace change and stay hopeful

Look for ways around challenges and don't give up

Focus on what you can control

Practice problem solving skills

Ask for help and support

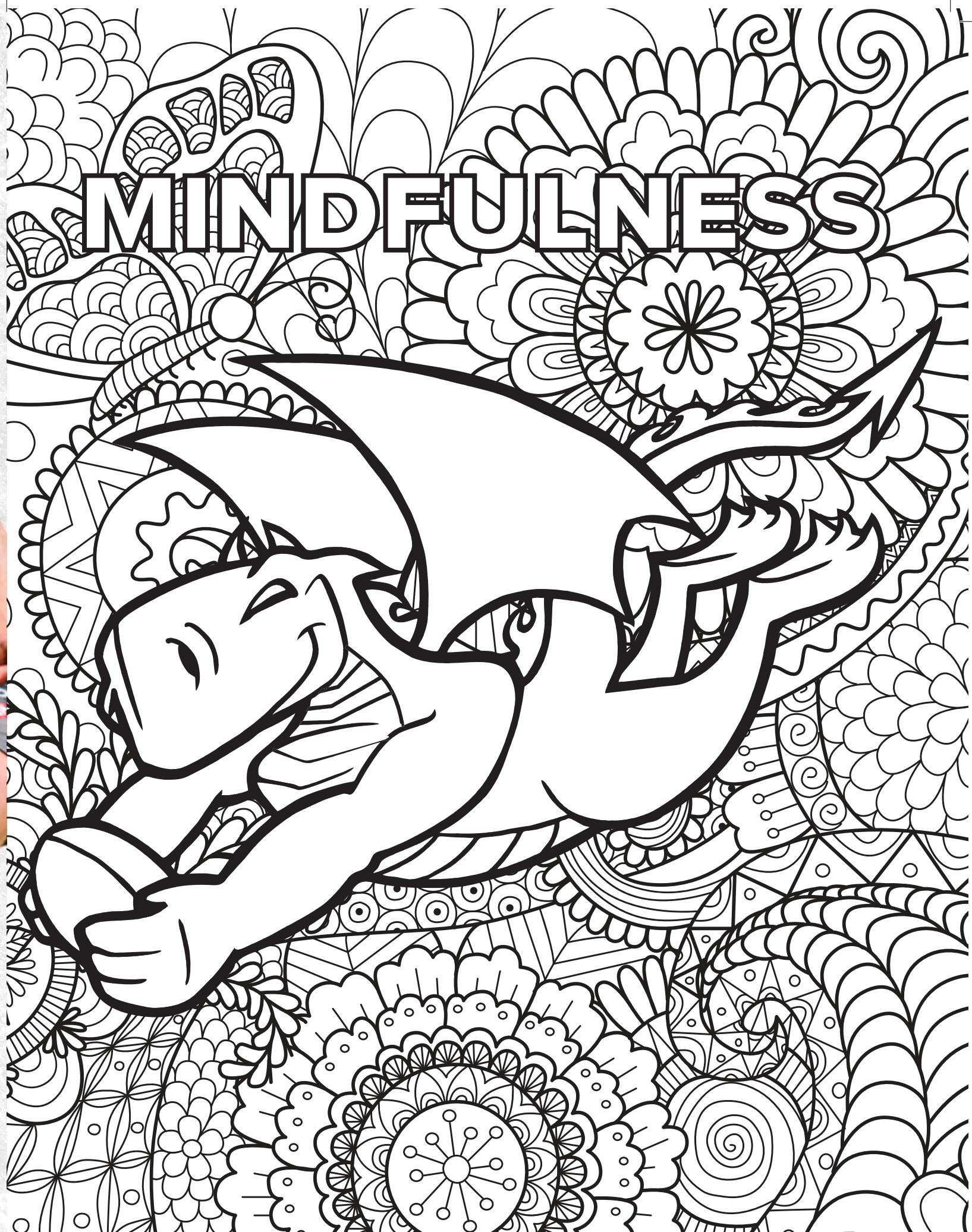
Learn some positive coping strategies

Sometimes We WIN and sometimes We LEARN



Think of a time you rose above a challenge and became a stronger, more confident person. Draw or write about it below

How could you improve your resilience in the future?



Mindfulness is paying attention to the present moment with openness, curiosity and without judgement. Try mindful colouring in. It is a great way to relax and focus on one task.

BODY IMAGE

Your body image is the way you **think** and **feel** about your body.
It can be **positive** or **negative**



Most young people are dissatisfied with the way their body looks
- in fact it's their number one concern.

Of all young people in Australia:

90% are dissatisfied with their body

62% wish they were skinnier

64% wish they were more muscular

The research also showed that there was a relationship between social media and young peoples' feelings of dissatisfaction with their bodies



with 2 in 5 young people comparing their bodies to celebrities on social media



Poor body image can be associated with low self-esteem, eating disorders, anxiety and depression.

Some warning signs you or someone you know might have body image issues:



Distorted eating habits



Obsession with weight and exercise



Being continually self-critical



Constantly comparing body size

Tips to increase body image positivity

- Focus on yourself as a person, not just how you look
- Aim to get healthier rather than lose weight
- Focus on the things you like about your body
- Stop being critical about others' appearance
- Remember, real bodies aren't perfect, and perfect bodies are almost always airbrushed.



"Let go of those who bring you down and surround yourself with those who bring out the best in you"

Kasey Reh.

Take care of your body

- Eat healthy foods. Learn what foods are good for you, and how much is the right amount. Take your time when you eat. Really taste your food. Enjoy it. Eating right helps you look your best. It gives you the energy you need. And it boosts your body image. When you treat your body right, you feel good about yourself.
- Get good sleep. Learn how much sleep you need for your age. Get to bed on time. Turn off screens hours before bedtime so you can sleep well.
- Be active every day. Your body needs to move to be strong, fit, and healthy. You can be active by playing a sport. You can run, walk, work out, do yoga, swim, or dance. Pick activities you like. Enjoy the fun you can have.
- Keep to a healthy weight. Being a healthy weight is good for you. And it helps you feel good about your body.

Like Your Body

Find things to like about your looks. Maybe you like your hair, face, or hands. What about your shape, shoulders, or legs? Your eyes or your smile? Tell yourself what you like and why. If you get stuck, think of what your good friends like about how you look. Accept those things.

Know that there's lots to like about you.
Let yourself feel good.

Focus on what your body can DO. There's more to your body than your looks. When you play a sport, walk, run, dance, swim — that's your body in action. Your body is there for you when you stretch, reach, climb, or jump for joy. When you carry things, build things, or give someone a hug. Be amazed. Be thankful.

"Contrary to what you see in the media, we are not all supposed to look the same"

Teagan Berry,
Dragons NRLW





Design your own acrostic POEM

Body is important, look after it
BODY IMAGE

PLACE ALL YOUR POEMS ON DISPLAY READY TO PRESENT TO THE DRAGONS WHEN WE NEXT VISIT YOUR SCHOOL

What I love about my body:

1. _____
2. _____
3. _____
4. _____
5. _____

What I love about me:

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT CAN I DO TO HELP IT STAY STRONG AND HEALTHY?

1. _____
2. _____
3. _____
4. _____
5. _____

“Dont judge a book by its cover”
Discuss this saying



“Like your brain, take care of your body”
Kyle Flanagan,
 Dragons Halfback



“How you feel about your body affects how you feel about yourself. Many people feel unhappy with some part of their looks. But if you get too focused on what you don’t like, it can bring down your self-esteem”
CLINT GUTHERSON
 Dragons Fullback



We are all beautiful

2025 YEARLY PLANNER

2025	January	February	March	April	May	June
Sunday						1
Monday						2
Tuesday				1		3
Wednesday	1 New Years Day			2		4
Thursday	2			3	1	5
Friday	3			4	2	6
Saturday	4	1	1	5	3	7
Sunday	5	2	2	6	4	8
Monday	6	3	3	7	5	9
Tuesday	7	4	4	8	6	10
Wednesday	8	5	5	9	7	11
Thursday	9	6	6	10	8	12
Friday	10	7	7	11	9	13
Saturday	11	8	8	12	10	14
Sunday	12	9	9	13	11	15
Monday	13	10	10	14	12	16
Tuesday	14	11 Safe Internet Day	11	15	13	17
Wednesday	15	12	12	16	14	18
Thursday	16	13	13	17	15	19
Friday	17	14	14	18 Good Friday	16	20
Saturday	18	15	15	19 Easter Saturday	17	21
Sunday	19	16	16	20 Easter Sunday	18	22
Monday	20	17	17	21 Easter Monday	19	23
Tuesday	21	18	18	22	20	24
Wednesday	22	19	19	23	21	25
Thursday	23	20	20	24	22	26
Friday	24	21	21 Harmony Day	25 ANZAC Day	23	27
Saturday	25	22	22	26	24	28
Sunday	26 Australia day	23	23	27	25	29
Monday	27	24	24	28	26 National Sorry Day	30
Tuesday	28	25	25	29	27 National Reconciliation Week	
Wednesday	29	26	26	30	28	
Thursday	30	27	27		29	
Friday	31	28 International STAND UP to Bullying	28		30	
Saturday			29		31	
Sunday			30			
Monday			31			

2025 YEARLY PLANNER

2025	July	August	September	October	November	December
Sunday						
Monday			1			1
Tuesday	1		2			2
Wednesday	2		3	1		3
Thursday	3		4	2		4
Friday	4	1	5	3		5
Saturday	5	2	6	4	1	6
Sunday	6 NAIDOC Week	3	7	5	2	7
Monday	7	4 National Aboriginal and Torres Strait Islander Children's Day	8	6	3	8
Tuesday	8	5	9	7	4	9
Wednesday	9	6	10	8	5	10
Thursday	10	7	11 R U OK Day	9	6	11
Friday	11	8	12	10 World Mental Health Day	7	12
Saturday	12	9	13	11	8	13
Sunday	13	10	14	12	9	14
Monday	14	11	15	13	10	15
Tuesday	15	12	16	14	11 Remeberance Day	16
Wednesday	16	13	17	15	12	17
Thursday	17	14	18	16	13	18
Friday	18	15	19	17	14	19
Saturday	19	16	20	18	15	20
Sunday	20	17	21	19	16	21
Monday	21	18	22	20	17	22
Tuesday	22	19	23	21	18	23
Wednesday	23	20	24	22	19	24
Thursday	24	21	25	23	20	25 Christmas Day
Friday	25	22	26	24	21 International STAND UP to Bullying	26 Boxing Day
Saturday	26	23	27	25	22	27
Sunday	27	24	28	26	23	28
Monday	28	25	29	27	24	29
Tuesday	29	26	30	28	25	30
Wednesday	30	27		29	26	31 New Years Eve
Thursday	31	28		30	27	
Friday		29		31	28	
Saturday		30			29	
Sunday		31			30	

St George Illawarra Dragons, in partnership with the University of Wollongong is pleased to announce The Best You Can Be, health and wellbeing, student resource.

Dragons players draw from their own lives to motivate students to be the best they can be in all aspects of life, to encourage them to take responsibility for their day-to-day routines, their physical and mental wellbeing and the way they treat others.



THE BEST YOU CAN BE RESOURCE IS PROUDLY SUPPORTED BY



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AUSTRALIA



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