**Integrated Learning Activity – Year 9, 2012**

*‘"Vitality and beauty are gifts of Nature for those who live according to its laws."*

Leonardo da Vinci

This year you have been introduced to Positive Psychology - the science of *optimal functioning.*

Through your day-to-day activities at school, and in particular in mentor group, you will learn many skills that will assist you to thrive, both in and out of the classroom.

One part of functioning at an optimal level is developing a growth mindset towards a healthy body and mind, and where possible, avoiding disease.

During Term 3, many faculties will integrate class activities and/or assessments to incorporate the theme *Health, Disease and Optimal Functioning.*

**Why are we doing this?**

*‘The Australian National Curriculum will promote the opportunity for young Australians to become successful learners, confident and creative individuals and active and informed citizens’* (Melbourne Declaration on Educational Goals, 2008).

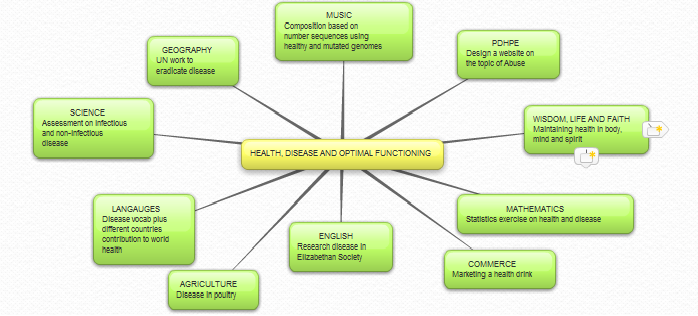
This Integrated Learning Activity will help provide students with an opportunity to see the synergy that exists between subjects and to realise the interconnectedness of skills and knowledge that is learnt every day, be it in class or through life experiences.

*“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”*  World Health Organisation

**Overview**

This chart gives an overview of how each subject will contribute to the central theme. For more detailed information go to <http://www.spicynodes.org/a/9fa5572e6ae15b5d0fb90055c4b71abb> and click on each subject for an outline of the activity.

<http://www.spicynodes.org/a/cb91ef03fc44809f55464e3381259dd6>



**Details**

The purpose of this information sheet is to make you aware of the integrated approach being taken by each participating faculty. You will be provided with the learning activity, including submission dates by your teacher in each subject.

**Optional Submission – Multimedia Competition**

Teams of 3 are invited to submit a multimedia presentation on Health, Disease and Optimal Functioning that can be shown on the screens being installed through the buildings (Knox Digital Signage). Early in Term 3, students will be invited to assist in putting the guidelines and marking criteria together.