



Fitter families Go4Fun

Georges Hall parent Heidi Issa with her children D'Mor and Sammy now know the benefits of exercise after completing the Go4Fun program.

A NEW healthy lifestyle program is proving a success with children who are above their ideal weight.

Georges Hall parent Heidi Issa, whose daughter and son graduated from the program, said she recommends the Go4Fun program to parents who wanted to help their children live a healthy lifestyle.

"The program has taught my children and I the benefits of reading labels on food to make sure it's healthy, leading a healthy lifestyle, feeling confident about themselves and most importantly be active," Ms Issa said.

The Go4Fun sessions, run by South Western Sydney Local Health Network in conjunction with NSW Health, is for children aged from seven to 13. The sessions are run after school and include games and activities, effective ways to improve children's self esteem and confidence and demonstrations, games and tips on healthy foods, label reading and portion sizes.

The program also includes a supermarket tour and a chance to try delicious new foods.

Places are still available for

the school term two program, which will run for 10 weeks and incorporate 20 sessions (two sessions a week, two hours a session).

Go4Fun program manager Marina Davis said the program is fun and educational and makes a real difference.

"On average, children who had already completed the program had increased their weekly physical activity by almost five hours," Ms Davis said.

"Children had also noted overall improved well-being and it's also a great way to make new friends."

The Go4Fun Program is delivered by specially trained local health and fitness professionals to help children become fitter, healthier and happier. It gives families skills and information to make healthier food choices. It also allows children to join in fun activities designed to improve their self confidence and self esteem as well as their physical fitness.

Interested families can call Ms Davis on 9780 2811 to book a place.

For more information on NSW health initiatives visit health.nsw.gov.au

Watch out for dodgy tutors

By CINDY LYNCH

UNSCRUPULOUS operators are preying on newly arrived families, making wildly exaggerated offers to send their children to the top of the class and beyond through their tutoring service - all for the cost of a small fortune.

"I've seen the advertisements, mostly in the Chinese and Vietnamese press, and what tutors claim they can do is unbelievable and even more unbelievable is that they suck in vulnerable families who might not speak English and want the best for their child," said Australian Tutoring Association (ATA) CEO Mohan Dhall who trains teachers at UTS and teaches Legal and Business Studies at PLC in Croydon, as well as running the school's extension program.

Mr Dhall, of Parramatta, is also concerned about emerging online and tutoring.

"I'm sure a lot of readers have been approached by door-to-door salesmen selling software which they promise, if used correctly, will ensure academic success," he said.

"What they don't know is that a lot of the software is written overseas and \$6,000 later, students find that it doesn't matter how much effort they put it, the fact is that these aids have been produced without taking the Australian curriculum into account and are useless.

"Far better to pick up similar

software locally which is relevant and would do the promised job for about \$120."

Mr Dhall said alarm bells should also ring for parents if the tutoring service had a no refund policy which was illegal in NSW and federally.

"Also, tutors have a duty of disclosure - you might have a tutor with an engineering degree but what experience have they had working with the current school curriculum, or indeed, even tutoring in front of a class or single child," he said.

"There are also occupational health and safety issues, with a lot of tutoring agencies skipping the background checks on their staff to save money.

"Parents have a lot of homework to do before enlisting a tutor and should take extra care before signing any contracts or bank account deductions which may not be easy to sever if the service is no longer required."

NSW Fair Trading Deputy Commissioner Steve Griffin said that last year Fair Trading received 398 complaints about education services, mostly relating to refunds, cancellations, fees and unsatisfactory service.

A Tutoring Tips for Parents fact sheet is available at fairtrading.nsw.gov.au or by calling 13 32 20. The fact sheet is available in English, Chinese, Vietnamese, Hindi, Korean and Arabic.

For further details, call the ATA on 9704 5724.

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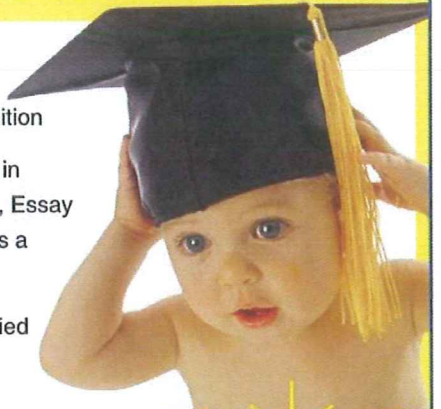


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