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St Jo's class wins quality sports shoes

Opotiki News, Bay of Plenty



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Sven Carlsson

COMBINING the best of the real world with flights of fancy in the virtual world, Kim Harvey has come up with an enticing formula for school children.

Her Young and Healthy Trust rewards youngsters for exercising, eating well, drinking heaps of water, reducing screen time and getting good sleeps.

They get points for such behaviour.

Individual points earned under the Zespri Young and Healthy Adventure scheme are then cashed in to help the student's class travel along a "virtual adventure course", where they visit far-away countries such as Italy, France and Greece, but also exciting spots in New Zealand.

"Not only do they get health tips from the places they are visiting – but they also learn about the culture, the food and what the kids there do to move their body and be healthy as well," Ms Harvey said.

Students at St Joseph's Catholic School in Ōpōtiki have taken the Young and Healthy Adventure scheme to a new level by submitting videos of their exercise regimes and each winning a pair of quality sports shoes.

"The competition was called 'Show us your moves to win Asics shoes'," Ms Harvey said.

"They had to show us what they do as a class to get their bodies moving."

After watching hundreds of videos, the Zespri Young and Healthy Adventure team decided the Ōpōtiki class were among the winners.

"Good shoes are important," Ms Harvey said.

"We've now had more than 120,000 kids through the programme, and each year we see great results with teachers, parents and the kids themselves telling us they have more energy, can focus

better in class and feel better."

Ms Harvey said the programme started in Australia and was in its fifth year in New Zealand.

Zespri external relationships adviser Libby Twiss said her company wanted to help people and the community "thrive through the goodness of kiwifruit".

"What better way than come on board and partner with the Young and Healthy Trust," she said.

"Zespri has been partnering with the trust for three years now."

Ms Twiss said it was enjoyable to come to the Ōpōtiki school and give a whole class new sports shoes.

"The kids have loved it – they've had a great time showing us how fast they can run and how high they can jump."



Watch the video on the Eastern Bay app



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**RUNNING  
FASTER:** This St  
Joseph’s Catholic  
School class is  
now running  
faster thanks  
to them having  
recorded videos  
of themselves  
doing exercises.

Photo  
Sven carlsson E2989-01