What are the HYP Missions?

Our choices are often influenced by how easy it is to make healthy choices, compared with how easy it is to make unhealthy choices. In each of the HYP Missions you will:

* Look at what the experts recommend
* Assess how your school is going
* Explore what is influencing people’s choices – the physical environment, policies, what is taught, what others are doing.
* Recommend and implement strategies to make the healthy choice the easy choice.

# Water is the Main Drink

This mission is about making it easy for people to choose water as the main drink at school and helping people recognise the many benefits of drinking water.

# We Respect Every Body

This mission is about how people think and feel about themselves. How we think and feel about our bodies is strongly influenced by what's going on around us.

This mission is about making it easy and normal for people at school to accept the physical differences between people, so that people feel good about their bodies and respect differences in other people's bodies.

# Healthy Food is the Main Food

This mission is about making it easy for people to choose healthy food as the main food at school, and helping people recognise the benefits of making healthy food the main food.

# We Log Enough Sleep

This mission is about making it easier for people to log enough sleep every night, and helping people recognise the many benefits of getting enough sleep.

# Stand Up, Sit Less, Screens Down

The mission is about making it easier for people to limit recreational screen time, limit sitting time and break up long periods of sitting at school.

# We Work Our Hearts

This mission is about making it easy for people to be physically active at school and helping people recognise the many benefits of physical activity.

# Choose your own Mission…

This mission is about identifying a different health and wellbeing need in your school community. If you choose your own mission you will need to identify the problem and what you want people to learn, recognise, value or change.