



**HEALTHIER, LONGER,
BETTER LIVES**

AIA Australia Limited
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Media Release

Final Call for Schools to Enter AIA Healthiest Schools Competition Before 3 December cut-off

Melbourne, Wednesday 21st October 2026. Schools across Australia are being encouraged to submit their entries to the AIA Healthiest Schools competition before entries close on 3 December 2026, with \$150,000 in prizes available to help bring student-led health and wellbeing initiatives to life.

Led by AIA Australia, the AIA Healthiest Schools program supports schools to build healthier, happier and more sustainable communities through free curriculum-aligned resources and a national competition designed to empower students to drive meaningful change.

Now in its fourth year, the program provides educators with resources across four key pillars: nutrition, physical activity, mental wellbeing and sustainability. At the heart of the initiative is the AIA Healthiest Schools competition, which invites students and teachers to identify a health or wellbeing challenge within their school community and develop a practical solution.

With just weeks remaining before entries close, AIA Australia is encouraging schools that are yet to participate to take advantage of the opportunity.

CEO and Managing Director of AIA Australia, Damien Mu, said the competition provides students with the opportunity to turn ideas into action.

“At AIA Australia, we believe building healthy habits early is key to helping people live healthier, longer, better lives. The AIA Healthiest Schools program empowers students to learn more about their wellbeing while developing valuable leadership, collaboration and problem-solving skills.

“The competition enables students to create initiatives that can have a lasting impact on their school communities, and with entries closing on 3 December, we encourage schools across Australia to get involved and help to make a positive difference.”

Since its launch, AIA Healthiest Schools has supported schools to develop innovative projects that improve student wellbeing and create healthier school environments.

Winning schools have received a share of a \$150,000 prize pool which has helped schools implement and expand initiatives focused on areas such as healthy eating, physical activity, mental wellbeing, outdoor learning environments and broader school wellbeing programs.

Previous winning entries have included a multi-faceted food initiative designed to improve student nutrition and wellbeing, as well as a whole-school Physical Literacy program.

Last year's winning Secondary School, Nightcliff Middle School identified an opportunity to improve student engagement, concentration and wellbeing through a whole-school approach to physical literacy. Recognising that movement can enhance learning, the school developed “Move More, Learn More and Be More Positive”, embedding physical activity into everyday teaching and school life.

The initiative involved implementing a Physical Literacy policy, providing professional development and resources for staff, introducing active learning strategies and brain breaks, and developing a targeted Movement Math program for students with additional learning needs. A student Sport



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Leadership program empowered students to lead physical activity events, promote active recess and lunch, and coordinate whole-school challenges, including the Push Up Challenge.

The initiative has benefited all students and staff, with teachers reporting improved student engagement, concentration, enjoyment and inclusivity. Students have also reported feeling more focused, thinking more clearly and enjoying learning through movement, helping foster a positive school culture that values physical activity, wellbeing and lifelong healthy habits.

The prize money supported Nightcliff Middle School's whole-school physical literacy approach by creating environments that promote and encourage regular physical activity. Funding enabled the purchase of outdoor table tennis tables and pickleball sets for students to enjoy during recess, lunch and Physical Education classes. It also contributed to the inspection and servicing of gymnasium facilities, making equipment accessible for physical activity lessons. Further improvements are planned, including court line marking and the installation of basketball backboards and hoops to transform the school's octagon area into functional sporting courts. These improvements provide inclusive, accessible and engaging opportunities for students to move more, develop physical skills, build confidence and establish lifelong healthy habits.

Lisa Svara, lead teacher at Nightcliff High School said, "We entered the AIA Healthiest Schools competition so we could share our whole-school physical literacy approach and our belief that movement can transform student engagement, attendance and wellbeing. Since introducing Move More, Learn More and Be More Positive, we have seen students become more focused, enthusiastic and involved in their learning. Teachers report improved concentration, participation and inclusivity, while students tell us they feel less tired, think more clearly and learn better when movement is incorporated into lessons. Our student Sport Leaders have also embraced opportunities to lead activities and inspire their peers to adopt healthier lifestyles. Winning the competition has helped us create more opportunities for physical activity by improving our sporting facilities and resources. We encourage other schools to enter, share their ideas, celebrate their achievements and discover how small changes can make a lasting difference to their school community."

To further support educators, the program offers a comprehensive suite of free downloadable resources, including lesson plans, videos, presentations and activity sheets. In 2026, these resources are also available through the Cool.org platform.

Schools can enter the AIA Healthiest Schools competition and access free resources at <https://ahs.aia.com/au/en/competition>. Entries close 3 December 2026.

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About AIA Australia

AIA Australia is a leading life insurance specialist with over 50 years' experience and a purpose to make a difference in people's lives. In 2014 the company launched AIA Vitality, a world leading, science-based health and wellbeing program, to the Australian market. In July 2017, AIA and its partners launched AIA's health insurance business, now known as AIA Health Insurance.

In 2021, CommInsure Life was integrated into AIA Australia. The lives of 3 million Australians are protected and enhanced through AIA Australia's unique value proposition of life, health and wellbeing. Our vision is to embrace shared value in championing Australia to be the healthiest and best protected nation in the world.

In pursuit of this, AIA Australia has developed AIA Embrace- a comprehensive wellbeing ecosystem of world-class products, programs and partnerships. These are designed to help customers, partners and the broader community to embrace better health and wellbeing.

In offering a broad range of health and wellbeing services to its customers, partners and broader community, AIA is proudly helping people lead healthier, longer, better lives.

AIA Australia is proud to have become a participant of the UN Global Compact in 2025, joining other like-minded organisations who are committed to supporting the sustainable development goals and ensuring a healthier, happier future for all.

AIA Australia has been recognised with multiple awards, including the ANZLIF Life Insurance Company of the Year (2024, 2023, 2022), GoodCompany Award – Top 40 (2024), Women in Finance Employer of the Year Award (2018, 2019), Super Review's Best Insurer of the Year (2018, 2019), FSC Life Insurance Industry Awards Innovation in Group Life Insurance (2021), Shared Value Awards Organisation of the Year (2020) and Shared Value Project of the Year (2021).

Further information at www.aia.com.au.

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