

Credit: The University of Canterbury Students' Association and UC Gaming Guild

IS YOUR SCHOOL PREPARED FOR ESPORTS?

Esports is one of the fastest growing school sports in New Zealand, and with **over 250 secondary school teams competing in 2023**, is your school prepared to provide a safe and balanced environment for your students?



WE WANT TO HELP YOUR STUDENTS LEAD BALANCED LIVES.

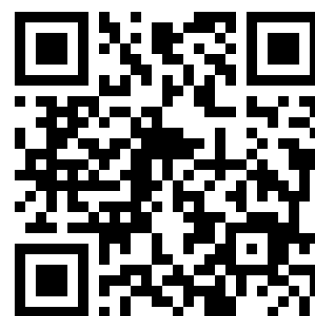
NZ Esports, in partnership with School Sport NZ are funded to deliver an important **health & wellbeing presentation free of charge**. We want to introduce the importance of play-life balance, moderating screen time, sleep, physical and mental health in esports.

Presentation details:

- **Cost:** Free (*Limited spaces available, book today*)
- **Duration:** 10 - 15 minutes
- **Sessions:** During a school assembly

After the presentation, we supply your teachers with the ultimate guide on how to maintain best practices around play life balance using esports as a tool for healthy digital and physical habits. Your students are asking the questions, let us help you answer them.

Follow the QR code, or visit our website at nzesports.org.nz to book your school's esports presentation.





NZ ESPORTS

A healthy mind requires a healthy body

Gaming is recreational but esports is healthy competition. Esports as a school sport has the unique opportunity to engage our tamariki and rangitahi in a place where they are passionate to learn about the importance of Play Life Balance. Neglecting sleep, eating poorly, and the overuse of screentime are proven to negatively impact our emotional state, our focus, attention, and cognitive function which are all critical for success in competitive esports (and students learning!).

Over 75% of Kiwis play video games, so chances are the large majority of your students already game, but it's our shared responsibility to provide them an environment to teach them healthy digital and physical habits to improve their wellbeing.

Recruiting them to participate in esports is a great way to teach them about healthy digital habits and focus their passion for gaming positively.



NZ Esports Hyperfibre League 2022



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