



# KIDS 'GO FOR YOUR LIFE'

## Policy

## HEALTHY EATING & PHYSICAL ACTIVITY

### RATIONALE:

Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and well being. School communities can model and help students develop healthy habits to live, learn, grow and play.

### AIMS:

1. To promote student well being by making healthy eating and physical activity a regular part of every child's day.
2. To make an ongoing commitment to participating in and promoting the Kids "Go For Your Life" Healthy Eating and Physical Activity program in our school.

### IMPLEMENTATION:

1. The school has a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking in classrooms, water bottles are allowed and encouraged on desks. Water fountain is available daily for student use.
2. The school has a strategy in place to encourage all students to eat fruit and vegetables every day at school. Daily Fruit & Vegie break is at 10.00 o'clock and fruit is provided and served after the weekly swimming and sports sessions.
3. High sugar drinks are excluded from school food services. School food services do not supply chips, sweets, chocolate or deep fried foods.
4. Timetabling of physical and sport education and physical activity is consistent with relevant education sector requirements.
5. Play equipment that encourages physical activity is made available to students at recess, lunchtimes and during other breaks. E.g. bats, balls, skipping ropes, hoops, play equipment.
6. The school promotes riding or walking through a whole school community activity at least one day per term, with weekly walks for all students.
7. A whole school curriculum plan, that reflects the Victorian Essential Learning Standards, encourages healthy eating and daily physical activity during and outside of school hours.

8. Families are informed of the healthy eating and physical activity policy and are provided with information to assist them to meet policy requirements (school newsletters, parent information folder)
9. This policy document will be supported by the following existing school policies, documents and practices.
  - Health & Physical Education
  - Sport
  - Canteen: Food and Nutrition
  - Homework
  - Minor references in policies including Student Welfare, Sunsmart, Uniform, Sustainability, and Camps.

**EVALUATION:**

This policy will be reviewed as part of the school's four year review cycle.

This policy was last ratified by School Council in....

**APRIL 2008**