



## **HEALTHY EATING AND PHYSICAL ACTIVITY POLICY**

*Policy No.3.3*

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### **Preamble**

Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. Our school community can help students develop healthy habits to live, learn, grow and play. It is recognised that every member of community impacts on children's health and can contribute to creating an environment that promotes healthy eating and physical activity. All members of our school community including staff, students, parents and volunteers will be supported to meet this policy

### **Purpose**

To promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every child's day.

### **Guidelines for Implementation:**

- Wales Street Primary 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 class time.
- Wales Street Primary School has a strategy in place to encourage all students to eat fruit and vegetables while at school. This includes a defined period of time each day when children are encouraged to eat fruit and vegetables only.
- To encourage healthy eating, confectionary is not a recommended food item to be brought and consumed at school. It is the responsibility of parents to consider the family views of others in regard to confectionary as a shared item for birthday celebrations. On special occasions where children are invited to share a plate of food with others, they are encouraged to bring healthy options that are labelled clearly with ingredients due to a variety of food allergies present in our school community.
- School community members are encouraged not to bring unhealthy food items to school.
- All staff are encouraged not to use confectionary as rewards in the classroom.
- The timetabling of physical activity, physical education and sport is consistent with appropriate education sector requirements.
- Play equipment that encourages physical activity is made available to all students at lunchtimes and other breaks.
- The school promotes walking or riding through a whole-of-school activity at least one day per term.
- Food fundraising activities that target the general school population, will promote healthy eating for children.
- A whole school curriculum plan, which reflects the Ausvels, encourages healthy eating and physical activity during and outside school hours.
- Health and wellbeing will be taught throughout the school and included in relevant Units of Inquiry
- Families are informed of healthy eating and physical activity policies and are provided with information to assist them to meet policy requirements.
- Students are encouraged to bring 'nude food' (reduced packaging) to minimise the impact on the school environment and are only permitted to take fruit and vegetables into the yard.
- The school nurse will regularly promote and educate the community on healthy eating and providing a healthy lifestyle for students.

### **Resources**

An annual projected budget will take into account student resources and professional development needs for the following years.

**Evaluation**

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