



HEALTHY EATING AND PHYSICAL ACTIVITY POLICY

Rationale:

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

Aims:

1. To promote student wellbeing by making healthy eating, oral hygiene and physical activity a regular part of every child's day.
2. To make an ongoing commitment to being a Health promoting school.

Implementation:

Teachers and curriculum

- The development of an appreciation of healthy foods and healthy eating habits forms part of our "Health Promoting Schools" strategy.
- AusVELS Physical Education/Health Promotion and Knowledge curriculum is delivered at all grade levels to promote knowledge, skills and behaviours for healthy eating, oral hygiene and physical activity.
- At least once per semester, the whole school will focus on the importance of good nutrition and oral hygiene, and physical activity through special events/activities.(eg Wacky Wheels Day, Walk to School Safely Day, Kitchen Garden Open Day, Dental Week, Tabloid Sports, etc)
- Staff members will be encouraged to model healthy eating habits whilst at school and will not use foods/confectionary as incentives or rewards.
- Staff will tactfully alert the families of students who frequently have nutritionally inappropriate snacks and lunches and recommend alternatives.
- Timetabling of physical and sport education and physical activity is consistent with DET requirements.
- Play equipment that encourages physical activity is made available to students at lunchtimes and during recess.

School Organisation

- A supply of drinkable water is available at the school.
- All students will have access to their own water bottles (containing water only) during all class lessons, (including PE/sport), and will be encouraged to drink water throughout the day, especially during physical activity and in warm weather.
- The school will actively promote the inclusion of fruit and vegetables in lunches every day.
- School Council pays for the delivery of fruit fortnightly. Fruit is distributed to all classes.
- Students are strongly discouraged from bringing lollies, fried foods and high sugar drinks (eg soft drinks, energy drinks) to school.
- We do not utilise a lunch order/canteen service
- Parents/carers are required to abide by a 'no birthday cakes/treats' rule.
- Playground equipment is maintained annually to the appropriate standard.
- Fund raising activities that support healthy eating habits will be a priority. A maximum of one fundraising event per semester that is not consistent with healthy eating, will be allowed. (eg milk & muffin, chocolate drive)

Family and Community

- Our fortnightly newsletter, Hallam Happenings, will regularly promote healthy eating habits and activities – such as healthy recipes from our Kitchen Garden program, sporting events, nutritional tips, information sessions etc.
 - Parent Information Evenings at the commencement of each school year, will emphasise the importance of healthy eating practices (healthy lunchboxes) and physical activity.
 - Our Prep Transition program provides sessions for parents to discuss: snacks, free fruit Friday, lunch, breakfast, attendance etc.
 - Local fruit suppliers provide fruit and vegetables for our Free Fruit Fridays, Breakfast Club and Kitchen program.
- This policy is reflected in the Wellbeing programs and partnerships at Hallam PS as outlined on the attached flowchart.

Approved By	School Council /ratified
Approval Authority	

(Signature & Date)	
Date Reviewed	October 2018
Responsible for Review	Assistant Principal/PET
Next Review Date	October 2020
Resources	www.health.vic.gov.au/prevention/achievementprogram http://www.education.vic.gov.au/school/principals/management/pages/canteenbackground.aspx