

# **"Go For Your Life' Healthy Eating and Physical Activity Policy**

## **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 help students to develop healthy habits to live, learn, grow and play.

## **Aim: -**

1. To promote student wellbeing 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. To encourage all students to drink water throughout the school day. Only water is permitted during class time and physical education lessons.
2. To encourage all students to eat fruit and vegetables during the day, especially during allocated times while working in class.
3. Teachers do not use sweets as rewards.
4. High sugar drinks, confectionery, and deep fried food are excluded from our school canteen service.
5. Timetabling of Physical and Sport Education and Physical activity is consistent with relevant Educational requirements.
6. Play equipment that encourages physical activity is made available to students during first break and lunchtime.

7. The school promotes walking or riding through a whole school activity at least one day a term. Levels are encouraged to participate in other walking activities throughout the terms.
  
8. A whole school curriculum plan, that reflects VELS, encourages healthy eating and daily physical activity during and outside of school hours. This criteria is included within policy and planning documents endorsed by School Council as appropriate/. Families are informed of these policies and provided with information to assist them to meet policy requirements.
9. This policy document is supported by the following existing policies and documents within the school:-
  - Fruit, Vegetables and Water Policy
  - Health and Physical Education
  - Canteen Policy
  - Outside School Hours Care Policy
  - Healthy Eating Schools Action Plan

**Evaluation:-**

This Policy will be reviewed as part of the School's three-year review cycle.

This policy was endorsed by School Council - September 2008