

MALMSBURY PRIMARY SCHOOL

Healthy Eating and Physical Activity Policy



Rationale:

- Healthy nutritional habits are essential to the growth and development of children physically and academically.
- Malmsbury Primary School is committed to supporting nutrition education, healthy eating and physical activity for all students to enhance their general well being and academic outcomes.

Aims:

- To develop within our students and school community an informed appreciation of healthy eating habits, physical activity and healthy lifestyles.
- To ensure that any foods provided by the school are consistent with the Kids - 'Go for your Life' and 'Healthy Canteen' guidelines.
- To ensure all students order school lunches from the approved menu at the general store.
- To encourage healthy eating and physical activity habits that children will carry throughout life.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits through awareness and classroom development eg. lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies, which reflect the Victorian Essential Learning Standards, and encourage healthy eating and physical activity during the outside school hours.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods and fruit and vegetable consumption at school eg: grow foods in our own vegie garden and plant a food forest, cooking at school, Free Fruit Friday program, articles in school newsletter.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons and are encouraged to drink water regularly during the day especially during physical activity and warmer weather. Only water is permitted for drinking in class time.
- Our school provides a daily fruit and vegetable break for all students.
- Our families are encouraged to pack 'nude food' lunchboxes that are based around non-packaged food items consisting mostly of fruit, vegetables and grains (sandwiches).
- School community members are encouraged not to bring foods high in fats, salt and sugar to school.
- School community members are encouraged not to bring soft drink, energy drinks, flavoured mineral waters, chips and fried foods.
- All staff are encouraged not to use sweets as rewards in class.

- Play equipment that encourages physical activity (eg balls, skipping ropes and bats) are made available to students at lunchtimes and other breaks.
- The timetabling of physical activity, physical education and sport is consistent with appropriate education sector requirements and guidelines.
- The school will apply for Sporting Schools funding each term. Funding will be used to provide a sports program that we would find difficult to offer otherwise and/or to reduce the costs to parents of a program we currently offer.
- The school promotes walking or riding through a whole-school activity at least one day per term (eg walk or ride to school days, walking school bus, walking challenges).
- Families are informed of these healthy eating and physical activity policies and provided with information to assist them to meet policy requirements.

Evaluation:

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

Resources:

- Kids - 'Go For Your Life' folder
- 'Healthy Canteen' kit.
- http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/healthy_living?open
- <http://www.bv.com.au/general/ride2school/>
- <http://walk.com.au/wtsd01/page.asp?PageID=260>

This policy was last ratified by School Council on 5 October 2016.
To be reviewed in 2019.