

KIDS - GO FOR YOUR LIFE 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 wellbeing. School communities can help students develop healthy habits to live, learn, grow and play.

It is recognised that every member of the school community impacts on children's health and can contribute to creating an environment that promotes healthy eating and physical activity. All members of the school community including staff, students, parent and volunteers will be supported to meet this policy.

AIM

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

RELEVANT POLICIES

This policy document is supported by the following existing school policies and documents within the school

- Annual implementation plan
- Health and Physical education policy document
- Curriculum documents relating to healthy eating and physical education
- DEECD School Canteen and Other Food Services Policy
- Student Wellbeing Policy
- Student Dress Code Policy

EVALUATION

This policy will be reviewed every 3 years and in accordance to the Department of Education policies.

This policy encompasses all aspects of Werribee Primary School including Outside School Hours Care

This policy was approved at School Council Meeting on: *16 October 2012*

IMPLEMENTATION

The following Kids - 'Go for your life' Award criteria and strategies are incorporated into the regular practices of our school community and apply to all students in all grades.

POLICY AREA 1: HEALTHY DRINK OPTIONS



Werribee Primary School:

- has three sets of drinking taps available to students for use throughout the day.
- classrooms are water only zones where students and teachers can bring drink bottles with water in them to keep on their desks for use throughout the day.
- students are provided with water break times during and at the end of Physical Education and Performing Arts sessions.
- students are encouraged to take drink bottles to other specialist classes.
- continues to promote the drinking of water with articles in the newsletter about the importance and benefits of drinking water.
- offers optional choice of a bottle of water with Subway lunches twice a term.

POLICY AREA 2: HEALTHY LUNCHBOXES, HEALTHY BREAKS

Werribee Primary School:



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX

- students participate in “Brain Food Time” in-class at 10am each day. They are encouraged to bring fruit or vegetables for this snack time.
- students are provided with a positive eating environment to sit and eat snacks and lunches.
- eating times, lunchtime and breaks are structured to ensure students have sufficient time to eat before going outside to play.
- conducts healthy eating promotional activities, such as healthy breakfast, healthy cooking days.
- actively discourages the sharing of foods and drinks between students.
- parents and staff are encouraged to role model healthy eating.
- continues to promote the importance of healthy eating through the newsletter and providing parents with fact sheets and helpful hints.
- encourages staff to snack on healthy choices, such as fruit, during eating times with the students.

POLICY AREA 3: HEALTHY CANTEEN, LUNCH ORDER AND OTHER FOOD SERVICES:

Werribee Primary School:



LIMIT
'OCCASIONALLY'
FOODS

- staff do not use confectionary as rewards in classrooms.
- have removed deep fried foods, confectionary, crisps and high sugar drinks from the canteen and lunch order service.
- offers Subway as an alternative lunch twice a term.
- food provider service provides lunches every day and meets all requirements of the Department of Education and Early Childhood Development School Canteen and other Food Services Policy.
- fundraising activities generally reflect healthy canteen and food services policies and promote healthy lifestyle messages (e.g. sunscreen sales, apples, roll-a-thon.)
- out of school hours care promotes healthy eating every day, which is consistent with other food services and nutrition policies within the school.
- promotes and encourages children and parents to make healthy lunch choices. Information is provided to identify healthier food choices via the newsletter.
- discourages parents from bringing ‘fast foods’ for students’ lunches.

POLICY AREA 4: PROVIDING PHYSICAL ACTIVITY AND EDUCATION:

Werribee Primary School:



MOVE,
PLAY
AND GO

- is compliant with DEECD mandated times for Physical Ed and Sport.
- all grades have scheduled Physical Education class with the PE teacher for one hour each week.
- 5/6 specialist classes total two hours per week of physical education and sport. (one hour of physical education and one hour of sport.)
- All students are provided with 10min of physical activity each day in addition to scheduled PE classes as indicated above.
- students in Grades 3-6 participate in Bike Education every year.
- students at all year levels and all abilities are provided with additional opportunities to participate in physical activity experiences throughout the year, such as athletics, cross country, swimming lessons and carnivals, interschool sports.)
- does not use physical activity as a punishment or as a negative consequence for behaviour.
- teachers who teach physical and sport education are supported with professional development opportunities.
- have established partnerships with local community sports and physical activity organisations to promote student participation during and out of school hours and community sports participation.
- encourage parents and staff to be physically active and model physical activity behaviours.

POLICY AREA 5: MORE ACTIVE PLAY



**TURN OFF,
SWITCH
TO PLAY**

Werribee Primary School

- students can borrow Sports equipment (e.g. balls, skipping ropes, bats) at recess and lunchtime.
- school ground play areas encourage safe active play which:
 - suit a range of ages and abilities.
 - promote a range of movement activities (e.g. painted lines on asphalt, rebound walls, targets, safe grassed areas, sandpits, pathways, shaded activity areas.)
- school ground has three separate play areas for various age groups of students to use.
- students have access to the basketball courts, oval and play equipment at all times throughout the day.
- has a rubber based surface with painted activities such as letter snakes and hopscotch.
- has a designated area for active play which is supervised by ES staff. Activities include hula hoops, stilts, skipping, Velcro bats and balls, lacrosse scoops.
- students are provided with the opportunity to participate in swimming programs, athletics programs, cross country and inter school sport.
- promote local sporting groups in the newsletter.
- school uniform requirements are suitable for outdoor active play and physical activity.
- out of school hours care program promote and provide opportunities for participation in daily physical activity for all children such as sports clinics, visits to local parks.
- continues to promote the importance of physical activity through the newsletter and providing parents with fact sheets, helpful hints and promotion of physical activity programs such as Premiers Active Families Challenge.
- organises activities to promote and provide opportunities for physical activity such as Kanga Cricket, sports clinics and speakers from football clubs.

POLICY AREA 6: HEALTHY, ACTIVE AND SAFE TRAVEL



**STRIDE
AND
RIDE**

Werribee Primary School

- develops and implements an action plan in conjunction with Ride 2School coordinator to promote and increase the number of children walking and riding to school such as participation in Walk Safely to School, Walking Wednesdays and Walktober.
- promotes walking/riding through a whole-of-school activity once a month eg 'Walk Safely to School Day'.
- promotes Walking Wednesdays by meeting interested students at a local park to walk as a group to school.
- established a Kids - Go For Your Life Student team to promote healthy eating and physical exercise such as Celebrity Chef, Healthy Breakfast, wrapper free lunches, Frequent Passports for regular bike riders, Kids News in newsletter.
- have a secure storage for bikes for students and staff e.g. bike enclosure, bike racks.
- students walk to local excursion such as library visits, swimming program, supermarket.
- professional development opportunities and resources about traffic safety and bike education are available to staff.
- students in Grade 3-6 participate in a Bike Education program annually.
- continues to promote the importance of keeping active through the newsletter and providing parents with fact sheets and helpful hints

POLICY AREA 7: CURRICULUM



Werribee Primary School:

- ensures that healthy eating and physical activity lessons are incorporated into the curriculum at all year levels and meets all requirements of the Department of Education and Early Childhood Development School Canteen and other Food Services Policy and is compliant with DEECD mandated times for PE and Sport.
- develops activities/ lessons within the curriculum, which provide opportunities for students to be involved in the preparation/cooking of food, promotion of healthy eating and physical activity.
- Each year level create a curriculum topic planner which are utilised every year to promote healthy eating and physical activity such as curriculum planners Grow, Glow, Go (Gr 3/4) and What's Under our Skin (Gr Prep)
- delivers messages in the curriculum which focuses on health and well-being and positive body image.
- students in Gr 3/4 participate in Wyndham Active Kids Passport program which promotes healthy eating and physical activity, involvement in sports clinics such as Aussie Hoops and Lifesaving clinic.

POLICY AREA 8: FAMILIES AND COMMUNITY



Werribee Primary School:

- families and the school community have access to a copy of this document.
- provides families with regular information, ideas and strategies to promote healthy eating and physical activity, for example, displays, brochures, newsletter inserts.
- provides Information via the newsletter to parents to encourage and role model drinking water, limiting sweet drinks and healthy eating.
- parents receive regular information and updates to encourage them to support children's participation in physical activity at home, at school and in the community such as Premiers' Active Families Challenge.
- regularly provides to parents and students, information about local community sports, clubs and recreation opportunities.
- parents are provided with information and updates to encourage more children to walk and cycle safely to and from school.
- newsletter continues to encourage healthy eating, the importance of exercise and drinking of water through handy hints, articles from students and added fact sheets.
- promotes healthy eating and the importance of exercise through articles in local newspapers and Wyndham Council news.