



Go For Your Life

Basic Belief

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.

Aim

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

Purpose

To promote healthy:

- Drinking Options
- Lunchboxes
- Breaks
- Food Services
- Physical Activity and Education
- Active Play
- Active and Safe Travel
- Curriculum
- Community

Relevant Policies

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

- Health and Physical Education policy
- DET School Canteen and Other Food Services Policy
- Student Wellbeing Policy
- Student Dress Code Policy

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 classes.

POLICY AREA 1: HEALTHY DRINK OPTIONS

Werribee Primary School:

- has multiple 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 their specialist classes.
- offers optional choice of a bottle of water with Subway lunches



POLICY AREA 2: HEALTHY LUNCHBOXES, HEALTHY BREAKS

Werribee Primary School:

- 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 eating times at lunchtime and recess breaks 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.
- 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:

- 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.
- fundraising activities generally 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.
- discourages parents from bringing 'fast foods' for students' lunches.



POLICY AREA 4: PROVIDING PHYSICAL ACTIVITY AND EDUCATION:

Werribee Primary School:

- all classes have scheduled Physical Education class for one session each week
- all classes have Performing Arts for one session each week.
- two hours per week is provided to Years 3 – 6 (one hour of physical education and one hour of sport.)
- 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, interschool sports.)
- uses physical activity as a reward for positive 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.
- Year 3/4 participate in the Wyndham City Council Active Kids program every year.



POLICY AREA 5: MORE ACTIVE 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 and 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 designated area for active play which is supervised by staff. Activities include hula hoops, stilts and skipping
- students are provided with the opportunity to participate in swimming programs, Athletics programs, Cross country, Hooptime and Inter school sport.
- 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 and visits to local parks.
- 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

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 installation of Active Travel Paths with three safe ways to travel to school.
- promotes Walking Wednesdays
- have a secure storage for bikes for students and staff
- students walk to local excursion such as library visits, swimming program,





POLICY AREA 7: CURRICULUM

Werribee Primary School:

- ensures that healthy eating and physical activity lessons are incorporated into the curriculum at all year levels.
- 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 an investigation unit to promote healthy eating and physical activity as per the Vic Curriculum Health outcomes which focuses on health and well-being and positive body image.
- students in Year 3/4 participate in Wyndham Active Kids Passport program which promotes healthy eating and physical activity and involvement in sports clinics



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
- 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.
- provides 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.
- promotes healthy eating and the importance of exercise through articles in local newspapers and Wyndham Council news.



Evaluation

This policy will be reviewed every 3 years and in accordance to the Department of Education and Training policies. This policy encompasses all aspects of Werribee Primary School including Outside School Hours Care

When First Developed and Approved: October 2012

Reviewed: September 2015

This policy was ratified by School Council on: 19 September, 2017