

# Kids - 'Go for your life'



## Kids - 'Go for your life' Healthy Eating and Physical Activity

### Award Program Policy

**School Name:** St Michael's Parish Primary School Ashburton

#### Aim

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

#### Benefits

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.

#### Whole of school

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 member of the school community including staff, students, parent and volunteers will be supported to meet this policy.

#### Relevant Policies:

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

- Annual implementation plan.
- Physical activity policy document (eg physical education policy)
- Student Well Being Policy.

**I confirm that the following award criteria have been met as described in this document and these strategies are formally adopted as school policy**




School Principal name - Ms Geraldine Dalton





Signature


School council president name:

Mrs Virginia Burke

Signature:

Icon	Award Criteria	Briefly describe how you have met this criteria
	<p>1. The school has a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking in classrooms.</p>	<p>Students at all levels are permitted and encouraged to bring water bottles to school. They can be placed on their desks in class and taken to all physical education and specialist classes.</p>
	<p>2. The school has a strategy in place to encourage all students to eat fruit and vegetables every day at school.</p>	<p>Students at all levels have “Brain Food” available to them all day. The students bring cut up pieces of fruit and/or vegetables in small containers. These containers sit with water bottles on the students desks. Students are encouraged to “graze” on their brain food through the day.</p>
	<p><b>3A</b> High sugar drinks such as soft drinks, energy drinks, flavoured mineral waters, sports drinks, cordials and fruit juice drinks are excluded from the canteen and other school food services including vending machines (if applicable). School community members are requested not to bring these drinks to school.</p> <p><b>3B</b> Chips, sweets, chocolate and deep-fried foods are supplied only occasionally or not at all through canteen and other school food services (if applicable). School community members are requested not to bring these foods to school.</p>	<p>All high level sugar drinks – as per canteen guidelines- and all confectionary have been removed from the menu completely.</p> <p>A newsletter has been sent home to all parents requesting these items are not bought to school and we have a regular feature in each newsletter which provided healthy lunchbox ideas</p>

	<p>4. The timetabling of physical and sport education and physical activity is consistent with relevant education sector requirements.</p>	<p><b>Each class has 2 hours to participate in physical education both with Specialist PE Teacher and their Classroom Teacher.</b></p>
	<p>5. Play equipment that encourages physical activity (eg balls, skipping ropes and bats) is made available to students at lunchtimes and during other breaks</p>	<ul style="list-style-type: none"> <li>• Each class has a “play bin” with equipment available to students at playtime and lunch time. SRC and sports captains monitor these resources.</li> </ul>
	<p>6. The school promotes walking or riding through a whole-of-school activity at least one day per term, (eg walking school bus, walk and ride to school days, walking challenges).</p>	<ul style="list-style-type: none"> <li>• Our school has a walk to school day once a month.</li> <li>• In June we will launch our School Walking Bus.</li> <li>• Active promotion through school newsletter of Ride to School Days etc.</li> </ul>
	<p>7A A whole school curriculum plan, that reflects the Victorian Essential Learning Standards, encourages healthy eating and daily physical activity during and outside of school hours.</p>	<p>The Curriculum Coordinator and the Student Well Being Co - ordinator support the development and implementation of a whole school curriculum plan for healthy eating and physical activity.</p> <p>In addition to the physical and sport education program, each year level focus on different aspects of healthy eating and physical activity. Our school has a fruit and vegetable garden. Each class is able to grow and harvest their own fruit and vegetables.</p> <ul style="list-style-type: none"> <li>• Prep / One /Two.....From The Garden to The Table</li> <li>• Three/ Four .....Environmental Focus....Kitchen Gardens</li> <li>• Five / Six ... Sustainability – Design and Build a Hot House</li> </ul>

 <p>The logo features three interlocking rings in red, yellow, and blue, set against a blue square background. Below the rings, the text "HEALTH PROMOTING SCHOOL" is written in blue, with "HEALTH" on the top line, "PROMOTING" in the middle, and "SCHOOL" on the bottom line.</p>	<p><b>7B</b> The above criteria are included within policy and planning documents endorsed by the school council or board, as appropriate. Families are informed of these policies and provided with information to assist them to meet policy requirements.</p>	<p>Families are informed about our “Kids – Go for your life” Award policy during the orientation process. Parents are provided with a handout when their child enrolls at the school .They are also supported through our newsletter .Tip sheets are also made available and we have a community notice board where we have a healthy display. Our Student Well Being Co- coordinator is available for further enquiries or assistance</p>
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