



MOVE WELL EAT WELL POLICY

Rationale:

Health and Wellbeing is an integral part of the Australian Curriculum. This aspect of the curriculum is important throughout our lifetimes and important habits and behaviours can be fostered and developed in childhood. Schools, therefore, have a fundamental role to play. 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. The Move Well Eat Well Policy supports and extends the work undertaken in the Health and Physical Education component of the Australian Curriculum.

Aim:

To promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every child's day. These policies will be implemented from Kindergarten to Grade 6. Our families and new staff are informed about this policy and are provided with information to assist them support the school.

Components of the Program:

- a. Tap into Tap Water:
 - i. Drinking taps are accessible to children at all times.
 - ii. Students may bring to class drink bottles filled with water only.
 - iii. Sweet drinks are not permitted during class time.
 - iv. Children may use their 'water only' water bottles during P.E. and sport.
 - v. These strategies are available to all students in all grade levels.

- b. Plant Fruit and Vegetables in Lunch boxes:
 - i. Promote the inclusion of fruit and vegetables in lunchboxes every day.
 - ii. Provide an opportunity for students to enjoy fruit and vegetables every day.

- c. Limit "Sometimes" Foods: (school canteen, fundraisers, fairs ,sporting events, barbecues, vending machines, excursions and other special events, wider school community is encouraged to support the limiting of sometimes foods):
 - i. The availability of sometimes foods is limited.
 - ii. Lunch day/s offers healthier alternatives based upon guidelines from the Education Department School Canteen document.
 - iii. Our lunch service/canteen is accredited with the Tasmanian School Canteen Association.
 - iv. Lunch days available a maximum of two days per week.
 - v. The school community is encouraged to support the limiting of sometimes foods in the wider school environment.
 - vi. Food rewards are not used at Miandetta Primary.

- d. Move, Play and Go: The timetabling of P.E, physical activity and sport is consistent with the UNESCO Quality Physical Education Guidelines for policy makers (2 hours weekly).
- i. All students at Miandetta Primary School have a weekly P.E. lesson of 45 minutes.
 - ii. Teachers need to complete 15 minutes of daily P.E. sessions to support the UNESCO Quality Physical Education Guidelines for policy makers.
- e. Turn off, switch to Play: Play equipment that encourages physical activity is made available to students at lunchtimes and other breaks.
- i. All children can access sport equipment from the sports shed.
 - ii. Play equipment, chasings areas and sports grounds support active breaks.
- f. Stride and Ride: Promote walking or riding through a whole school activity at least one day per term.
- i. Miandetta Primary school supports Bike to School and Walk Safely to School programs.
 - ii. Miandetta promotes a stride and ride activity each term.
- g. Health Promoting School: The school uses the Australian Curriculum standards and encourages healthy eating and physical activity both during and outside of school hours.
- i. Miandetta has a health and wellbeing curriculum delivered to all year levels K-6 which includes explicit teaching about healthy eating and the benefits of physical exercise.

<p>This policy will be reviewed every 2 years. I confirm that the following Award criteria have been met as described in this document and these strategies are formally adopted as school policy.</p>	
School Principal name:	School Association President Name:
Signature:	Signature:

N:/ SCHOOL MANAGEMENT/ Policies/ Current/ Move Well Eat Well 2018