



## Move Well Eat Well Policy

Health and Physical Education is an integral component of the Australian Curriculum. As part of the response to the childhood obesity issue in Australia the curriculum aims to provide a positive impact on the nutrition, health and physical activity of primary school aged children. 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 on the Health and Physical Education component of the National Curriculum.

Our goal at West Ulverstone Primary is to teach within the guidelines of the Australian Curriculum alongside the Move Well Eat Well program criteria to develop the health, and physical activity of students by making healthy eating and physical activity a regular part of every child's day. It is recognised at West Ulverstone that 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.

### The Move Well Eat Well Program Strategies/Criteria

#### 1. Tap into water everyday

1. Students have access to taps when in the classroom or in the playground. The school canteen also sells bottled water.
2. Students are able to have access to a drink bottle filled with water during learning times.
3. Students can bring a drink bottle filled with water to Physical Education or any other physical classes and any other physical activity.
4. Students will have access to tap water throughout the school day including learning times.

#### 2. Plant fruit and vegetables in your lunch box

1. At West Ulverstone we promote the inclusion of fruit and vegetables in lunchboxes every day. This occurs via newsletter, designated eating times, explicit teaching of healthy eating, healthy canteen menu and modelling of healthy eating.
2. The school is supplied twice a week with a large box of fruit and vegetables. This program is sponsored for us by the Rotary club of Ulverstone. The fruit is delivered to the classrooms for access by all students.
3. We also have weekly donations of fruit or vegetables from Produce to the People which is bagged up and handed out to students to take home.
4. We provide an opportunity for students to enjoy fruit and vegetables every day. All classes have a designated inside eating period before Recess and Lunch (time varies depending upon the age of students). This enables time for students to eat in a calm environment (rather than racing out to play) and class teachers to supervise student



lunches. Every day before recess, a short period is set aside for eating fruit and vegetables only.

5. Fruit is supplied through our breakfast club program that operates four mornings a week. This program is open to all students K-6. Left over fruit is delivered to classrooms after breakfast club.

7. Each Kinder-Prep child is requested to bring an extra piece of fruit or vegetable which the teachers prepare for the children to eat. This enables students to sample a large variety of different fruit and vegetables.

### **3. Limit Occasional Foods**

1. West Ulverstone is accredited with the Tasmanian School Canteen Association.
2. West Ulverstone is committed to limiting the availability of occasional foods in the whole school community by; healthy lunchbox ideas in our starting Kindergarten booklet, healthy food information in our Parent Handbook, healthy food alternatives in our school canteen (*all foods sold have the green or orange health food rating*), food sold at special events eg athletic carnivals, fundraising events and birthday celebrations, will include healthy food alternatives and healthy food reports in our school newsletter and occasional foods will not be used as rewards.

### **4. Move Play and Go**

1. All students receive a 45 minute Physical Education lesson per week.
2. All students receive a 15 minute Daily Physical Education Lesson.
3. In total each student receives 2 hours of structured physical activity per week which consistent with the Federal Governments Active Schools Curriculum Guidelines.

### **5. Turn Off Switch and Play**

1. Each classroom has some seasonal sporting equipment for before school, recess and lunch time use.
2. Borrowing of sports equipment is made available at lunch times.
3. The school is well resourced with play equipment including ropes course, forts, slides, monkey bars etc. Sports grounds are available for active play including; cricket pitch, cricket nets, ropes course, tennis courts, football goals and netball courts.

### **6. Stride and Ride**

1. West Ulverstone Primary School promotes and participates in the;
  1. National Ride 2 School Day (Term 1)
  2. National Walk to School Day (Term 2)
  3. National Health and Physical Education Day-walking, riding or other (Term 3)
  4. Ride to Work Day, involving adults and students (Term 4)
2. A whole school athletic carnival and fun run events will be held annually.

### **7. Health Promoting Schools**

1. A health, Wellbeing and Physical Education curriculum is delivered to all year levels K - 6 which include explicit teaching about healthy eating and the benefits of physical exercise. This follows the guidelines of the National Curriculum.

2. West Ulverstone is working towards Gold Canteen Accreditation with the Move Well Eat Well initiative, addressing all criteria.
3. New families are provided with relevant information regarding Move Well Eat Well through the Kindergarten booklet, Parent Handbook and school newsletter.
4. West Ulverstone is committed to providing regular information to our wider school community via our school newsletter.
5. West Ulverstone is also an
  - a. Asthma Aware School
  - b. Anaphylactic Aware School
  - c. Kids Matter School

**Relevant Information:**

It is important to identify links to other relevant policies and documents that exist at your school. Please include any relevant policies or documents in this section, e.g.

- School Canteen Policy,
- Kids Matter

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: Magella Dudley

School Association President name: Geoffrey Davis

Signature:

Signature:

Date

27/06/14

Date

27/06/14.

Adopted: May 2014

Review date: May 2015