

# **Kids Go For Your Life Healthy Eating Schools**

## **Kids – ‘Go for your life’ Policy**

### **SCHOOL:**

Lilydale West Primary School



### **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. Our School community can help students develop healthy habits to live, learn, grow and play.

### **AIM:**

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

### **WHOLE OF SCHOOL:**

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

### **RELATED POLICIES:**

- Annual implementation plan
- School Strategic Plan
- Curriculum documents relating to healthy eating and physical education
- DEECD School Canteen and Other Food Services Policy
- Student Wellbeing Policy
- Physical Education Policy
- Healthy Eating Schools Policy

***This policy will be reviewed every 3 years and in accordance to the Department of Education policies. Next review date is August 2013***

## **POLICY AREA 1: HEALTHY DRINK CHOICES**

- It is expected that each child bring a water bottle to school, each day.
- All students should bring water bottles into class, filled with water only.
- All classrooms are water only zones, sweet drinks are not permitted during class time.
- Students have water bottles stored in tubs provided in the classroom or have access to water bottles on their desk/table.
- Children are instructed to drink water from drinking fountains as a part of every physical education session and sport session.
- Drinking taps or water fountains are accessible to all children during breaks
- Staff are provided with filtered water in the staff room

## **POLICY AREA 2: HEALTHY LUNCHBOXES, HEALTHY BREAKS**

- All classes have scheduled Fruit and Vegetable breaks where students are encouraged to eat only fruit or vegetables brought from home or supplied by the Free Fresh Fruit program.
- Students may consume fruit or vegetables anytime during class, provided it does not interfere with classroom activities and is approved as part of the classroom process by the classroom teacher.
- Prep to Grade 2 classes receive a tub of fresh fruit each Monday as a part of the Free Fresh Fruit program. Where extra fruit is available, students in grade 3-6 or children involved in the Out of School Hours Care program will be given access to it.
- Our relationship with a local fruit and vegetable retailer will be maintained to support fruit and vegetable programs.
- Teachers encourage students to bring healthy foods for snack times and lunchtimes through informal classroom discussion and role modelling.
- The schools fantastic vegetable & herb garden programs to continue with strong parent/community involvement.
- The schools fantastic cooking programs to continue, utilising the produce from both the vegetable and herb gardens, to continue and grow.
- The healthy cooking recipes will continue to be displayed in the fortnightly newsletter to allow the school community to try these recipes at home.
- Eating times, lunchtime and breaks are structured to ensure students have sufficient time to eat before playing.

- The school conducts healthy eating promotional activities, such as healthy eating challenges, healthy eating days. (e.g. lunchbox challenge week, apple taste testing transition activity)
- Classroom teachers are to ensure that the students are eating their lunch. A lack of food consumption can affect their concentration levels and their general health.
- The sharing of foods and drinks between students is actively discouraged at school, on excursions and at school camps, except for planned shared eating experiences or activities.
- Professional development opportunities that support the promotion of fruit and vegetables are made available to staff and parents. (e.g. Home Economics Victoria workshops)

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

- The school meets all requirements of the Department of Education and Early Childhood Development School Canteen and other Food Services Policy.
- All confectionery and high sugar drinks have been removed from the canteen and lunch order service.
- The schools canteen operates one day per week, only. Therefore our strategy is to provide food from all categories - eat most, eat moderately, eat least, in order to give the students a choice. They have the opportunity to order foods such as pies and hot dogs, (a once a week canteen results in a moderate consumption of these sorts of foods) but are encouraged to order foods such as salad sandwiches and fruit in custard. Healthy alternatives will continue to be investigated with the aim of adding more to the menu.
- No fried foods are provided through the canteen and lunch order service.
- Fundraising activities promote healthy lifestyle messages, (i.e. no chocolate bar drives) but may include 'sometimes food' every so often, at the discretion of the health coordinator. (i.e. sausage sizzle fundraiser, hot dogs for footy day)
- The Out of School Hours Care program to serve snacks from the 'eat most' and 'eat moderately' areas, and expose the students to a wide range of foods from these categories. The Out of School Hours Care program will also discourage 'over eating.'
- The school provides a relatively healthy lunch for students who come to school without their lunch.
- Professional development opportunities that support the schools healthy eating policy are made available to the canteen coordinator.
- Staff are not to use 'sometimes foods' as rewards in classrooms and are provided with suggestions for non food reward alternatives.

## **POLICY AREA 4: PROVIDING PHYSICAL EDUCATION AND ACTIVITY**

- Lilydale West Primary School is compliant with the Department of Education's physical education and sport mandate.
- Lilydale West Primary School meets the Department of Education's mandated times for physical education and sport for all year levels: 20-30 minutes per day of physical education for students in Prep - Year 3. Three hours per week of physical education and sport, with a minimum provision of 50% of physical education for students in Year 4-6. These expectations are met through physical education classes, inter-school/intra-school sport, PMP, additional sport programs, whole school events and classroom based fitness programs. (fruit & vegetable fitness, run around Australia, etc)
- Students of all abilities are provided with additional opportunities to participate in physical activity experiences outside of the school's physical and sport education program. (e.g. swimming program, inter-school sport, intra-school sport, specialised sport programs, whole school sports events)
- The Prep students participate in a weekly Perceptual Motor Program (PMP) session at-least in Terms 2 and 3. This program is conducted by either the physical education teacher or classroom teachers, and supported by voluntary assistance from parents.
- Students have additional physical activity opportunities at lunchtime, organised by teachers, student leaders or senior students, at least 1 day per week. (e.g. cross country running, skipping, social dancing, bat tennis program, interschool sport training, zone athletics training)
- The Performing Arts program to continue to have a strong emphasis on physical activity, particularly through the Level 4 Wakakirri Story Dance program.
- Our involvement in the Active After School Sports Program to continue on two nights per week. (as long as funding is issued by the Australian Sports Commission) This program provides free, sport activity sessions after school, plus a healthy snack, to approximately 50 students each week.
- Physical activity is not used as a punishment or as a negative consequence for poor behavior. In addition, students are not to be banned from participating in sport as a form of punishment, unless a safety or high level behaviour risk is evident.
- All teachers who teach physical and sport education are supported with professional development opportunities.
- Partnerships are continued to be established with local secondary schools, community groups and physical activity organisations, to promote student participation during and out of school hours and community sports participation.

## **POLICY AREA 5: MORE ACTIVE PLAY**

- School ground play areas encourage safe, active play, which suits a range of ages and abilities and promotes a range of movement activities. The wide open spaces of the oval and basketball court area are to be maintained.
- As a part of the Federal Governments Building Education Revolution Program, Lilydale West will have a multi-purpose complex built, which will include an indoor sports stadium and a large sports equipment store room. This space is to be utilised for physical activity during both school time and after school.
- A large collection of good quality sports equipment to be maintained, which covers a wide range of sporting/recreational areas. Balls, bats and competition equipment for the major sports to be maintained, and supported by more uncommon equipment. (i.e. circus apparatus, golf clubs, etc)
- Equipment is available for students to use in the playground, either through a supply in the classroom, specific borrowing from the sports store room, or a specific program to enable the students to practice a particular sport area. (skipping ropes for the Jump Rope for Heart program)
- A comfortable, protective, school sports uniform has been developed over time, and is to be worn by students in all inter-school sporting competitions and events.
- School uniform requirements or clothing recommendations are suitable for outdoor active play and physical activity. Suitable clothing ideas for sport are communicated regularly to parents via the newsletter or in permission notices.
- In setting homework, a students' need for physical activity time after school and appropriate bed times are considered (see Department of Education and Early Childhood Development Homework guidelines).
- Out of school hours care programs promote and provide opportunities for participation in daily physical activity for children of all ages and abilities, particularly through the Active After School Sports Community Program.

## **POLICY AREA 6: HEALTHY, ACTIVE AND SAFE TRAVEL**

- In 2009 the local council restructured the street parking arrangements around the school, in the aim of increasing the level of safety and functionality. The school will continue to assess the effectiveness of these new arrangements and consult with the local council where needed. Council parking officers at times observe the situation, to review its effectiveness.
- A special yearly school event called 'Wheels Day' will continue to be organised and promoted by the Student Representative Council. The day allows the students an opportunity to bring their 'wheels' to school and participate in a range of activities. The emphasis is on the safe use of their wheels.

- Due to the location of the school, it has been deemed unsafe for students to 'ride' to school. This policy will continue to be reviewed in the future.
- Each year, the grade 5-6 students are to take part in the 'Travel On/Metlink Adventures' program, which aims to educate the students about safe travel on trains, trams and buses. This is followed up with a 'real life' opportunity to put into practice what was learnt in the program, whereby public transport is used to travel to and from an excursion destination.
- Walking and public transport is used for excursions wherever safe and practical.
- Lilydale West Primary School encourages getting to and from school actively by promoting the state wide 'Walk to School Day/Walktober'
- Continue to implement Initiatives such as the 'walk to school letter box,' which encourages students to walk to school by providing positive reinforcement via a possible reward. Each time a student walks to school they post a token into the 'walk to school' letter box. Each month a number of tokens are randomly drawn from the letter box, and these students are rewarded with an 'active' gift.

## **POLICY AREA 7: CURRICULUM**

- A health curriculum guidelines document has been developed based on an ACHPER publication, to help classroom teachers to develop an improved health education curriculum for each year level. It is also aimed at assisting them to teach health in an effectively engaging manner and to promote effective assessment and reporting of health across the school. The document is VELS compliant.
- The school develops activities/ lessons within the curriculum, which provide opportunities for students to be involved in the preparation/cooking of food.
- Healthy eating focused lessons are embedded in the curriculum and taught across domains/dimensions throughout the year.
- Messages delivered in the curriculum focus on health and well-being and positive body image.
- Resources are made available to teachers to assist in the teaching of health units - through texts, web sites and community groups/professional organisation contact details.

## POLICY AREA 8: FAMILIES AND COMMUNITY

- 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.
- Information is provided to parents to encourage and role model drinking water, limiting sweet drinks and healthy eating.
- Information about local community sports, clubs and recreation opportunities is regularly provided to parents and students, and can be viewed on the school web site.
- Local secondary schools, external agencies and the wider community are involved in the promotion of healthy eating and/or physical activity in the school.
- Whenever a 'Go For Your Life' related event takes place at Lilydale West, it will be advertised to the local community via the school sign, which is located on a very busy road.
- Parents and family members are heavily involved in programs across the school that promote healthy lifestyles, such as the vegetable and herb garden program, cooking program, sports/physical activity programs.
- Participation in community building events such as the Jump Rope for Heart Program through the Heart Foundation to continue.
- The Lilydale West Primary School web site to continue to feature an extensive section dedicated to sport and health. It currently includes the following areas; sport & phys ed overview, health education, sport & recreation resource centre, level 4 inter school sport policies & processes, after school basketball, LWPS sport results, sport/phys ed permission forms.
- As a part of our Prep Starting School kit, the parents will continue to receive a magnetic glossy information leaflet called: L.W.P.S Lunch box Guidelines & Tips - 'Let's Make It Healthy & Sustainable.' It outlines strategies that they can put in place to ensure that their children are operating within the Healthy Eating and Sustainability policies of the school.
- The school nurse visits the school, which includes a consultation with each Prep student and consultations with specifically identified students.