

# HEALTHY LIFESTYLES

## Bolwarra Primary School POLICY

### **Rationale:**

- Healthy nutritional and physical habits are essential to the growth, development and learning of children.

### **Aims:**

- To develop within students an informed appreciation of healthy eating and exercise habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
- To ensure that children are provided with the opportunity to partake in physical activity at school.
- To educate families about Healthy Lifestyle practices.

### **Implementation:**

- The development of an appreciation of healthy foods, healthy eating habits and regular physical activity form part of our Health Promoting School strategy.
- Lessons relating to healthy foods, healthy eating, benefits of regular physical activity and less screen time will form part of each child's annual Health & Physical Education curriculum studies. Appropriate healthy lifestyles (diet, physical activity and limited screen time) will be promoted with flyers and information via the newsletter.
- The 'Canteen/Lunches' School Council leader will ensure that all foods served for lunches from the kitchen comply with the Healthy Canteen Guidelines.  
Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Healthy foods and drinks will be available, where possible, to all students at activities such as sporting events, camps and excursions.
- The school will ensure that a supply of drinkable water is available at the school at all times. Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- Drinking taps with rainwater available to students during all play breaks
- Staff members will be encouraged to model healthy lifestyles whilst at school.
- Staff are to inform the principal of students who regularly appear to be provided with inadequate lunches and those who appear not to be having breakfast.
- Students will be involved in physical activity every morning (weather permitting) before they start their academic day at 9am.
- Students are strongly encouraged to not bring products high in fat and/or sugar such as chips or lollies as part of their play lunch or lunch. Students will be strongly encouraged to only drink water at school.

### **Evaluation:**

- This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in

March 2021