

# Upper Plenty Primary School Healthy Living Policy

## POLICY

### Rationale:

At Upper Plenty Primary School we believe that healthy eating and exercise routines are fundamental not only to add life to years but to add years to life. This policy assists the school in promoting healthy eating, nutrition and physical exercise at school.

### Aims:

To provide a framework to guide the school's healthy eating and living education program.

To increase healthy eating and living practices among students, staff and the wider community.

To encourage the development of healthy eating and living practices among school member.

To increase the opportunities for students to perform at their best while at school and thereby improve their learning outcomes.

### Implementation:

• Program delivery involves:

1. Educating children and their parents/guardians about healthy eating and lifestyle practices through curriculum units and information sessions/newsletter items.
2. Having the Healthy Living Policy available to parents on the website or on request at the office.
3. Provision of clear and consistent guidelines for decision making regarding nutrition issues which incorporate curriculum, canteen, Parent Helpers Group and fundraising activities.

• Strategies:

1. Work in collaboration with the Victorian Prevention and Health Promotion Achievement Program.
2. Implementation of the Water Bottle Policy
3. Daily Healthy Snack program which includes a mid morning fruit and vegetable snack break for all classes
4. Supervised scheduled eating times with an expectation that children will eat, or at least attempt to eat, the food provided by their parents.
5. Develop and implement an annual Dental Health Week focus into the curriculum.
6. Incorporate 'everyday and sometimes' foods rather than 'good and bad' foods into the routine vocabulary for students during class discussions and lessons.
7. Promoting and marketing of healthy food through the canteen/FAF special lunch days menu and pricing structure.
8. Limited availability of 'sometimes' foods on special event and fundraising days.
9. Chocolate and sweets not used as fundraisers or class incentives.
10. Implementation of a comprehensive, sequential health and physical education curriculum.
11. Provision of nutrition and healthy living information and advice for parents in school newsletters.
12. Inclusion of external specialists such as the school nurse, YMCA, sports bodies and visiting programs that promote healthy lifestyles, to enhance the curriculum and parent education program.
13. Implementation of a sequential camping program for all students.
14. Participation in programs such as Go for your Life where available and appropriate.
15. Seek support through relevant grant opportunities and local businesses.

### Evaluation:

In order to assess whether the policy has achieved the goals and purposes, the following will occur:

- Include student surveys as part of the health and physical education program.
- Monitor feedback in relation to programs such as the healthy snack break and water bottle policy.
- This policy will be reviewed as part of the school's three-year review cycle.

### Note:

- Sweet drinks include fruit drinks, soft drink and cordial.
- Everyday foods include wholegrain breads, cereal, fruit, vegetables, dairy foods and so on. Sometimes foods are foods that include sweets, cakes, biscuits, ice-cream, chips etc

This policy was last ratified by School Council in....

**December, 2013**