

Move Well Eat Well

Your school *Move Well Eat Well* policy

Why do a policy?

The policy will help ensure sustainability of the *Move Well Eat Well* criteria within school practice.

It will enable everyone involved in your school, from leadership and staff to parents and students to be clear about what you want to achieve and the expectations within the school.

It makes it easier to communicate your expectations to new staff and families when it is in policy.

How do we lay out the policy?

If you **already have a school health and wellbeing policy**, you can incorporate the relevant *Move Well Eat Well* criteria into this. Make sure each of the *Move Well Eat Well* criteria is specifically included.

If you start a **new policy**, you can use this policy template. Delete the yellow highlights, add your own words, or use the suggestions if they apply to your school.

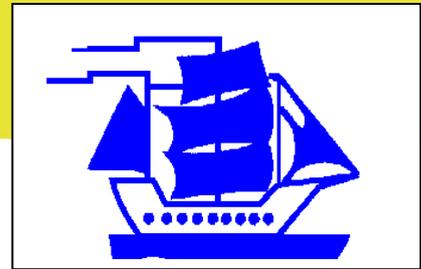
If you would rather have your policy on **one page**, that is fine too. Make sure each of the *Move Well Eat Well* key criteria is specifically covered.

You can get ideas from policies already done by other *Move Well Eat Well* schools. They are at www.movewelleatwell.tas.gov.au under the Primary tab, Health Promoting School icon.

Doing this policy is a great opportunity to:

- **Talk to all staff.** Discuss your draft, build consensus together, decide what is your whole school approach
- **Engage with families:** invite a parents onto your working group, invite comments on your policy through your newsletter, take your draft to the School Association
- **Make links** with your school canteen, your fundraising committee, your P&F or your volunteer coaches and support staff. The policy will apply to them too!

In order to meet the *Move Well Eat Well* Award requirements, you will need to make sure your policy is comprehensive enough and reflective of all of the *Move Well Eat Well* key messages.



Kingston Primary School

Healthy eating and physical activity school policy

Rationale: At Kingston Primary School, we believe that 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 works to support students to 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: We recognise 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, parents/carers and volunteers, will be supported to meet this policy.

Relevant policies:

This policy document is supported by the following existing school policies and document.

- Sunsmart Policy
- Behaviour Management Policy

This policy will be reviewed every *two* 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.

| | |
|------------------------|------------------------------------|
| School Principal name: | School Association President name: |
| Signature: | Signature: |



Policy area 1: Healthy drink choices

Kingston Primary School has a strategy in place to encourage all students from Kinder to Grade 6 to bring water and drink water as the preferred drink at school, especially during physical activity.

- Water provides hydration for improved concentration and learning
- Water assists the body processes to be regular
- Juice and cordials contain a large amount of sugar
- Sweet drinks are linked to tooth decay and are a significant risk factor for being overweight and obese.

We are concerned about the increased appeal and consumption of 'sports and energy drinks', as energy drinks high in sugar can contribute to weight gain. Also, side effects from energy drink consumption can include stomach upsets, irritability, sleep disruption, blood pressure changes and heart arrhythmias for those sensitive to stimulants.

We encourage all students to bring water as the preferred drink to school every day in their water drink bottle.

- All classrooms are set up to provide students with access to drinking water, particularly when a drink bottle has not been brought to school. Students are able to access water throughout the day
- Only water filled drink bottles are allowed in classrooms or on desks during class time. Sweet drinks are not permitted during class time and are actively discouraged from being brought to school. Sweet and fizzy drinks are not supplied to students in school hours
- Water filled drink bottles are brought to all PE lessons, whole school sport activities and carnivals. Water will be available to refill water bottles at school carnivals
- Staff have access to chilled filtered water in the staffroom and are strongly encouraged to model the healthy drink choice

Move Well Eat Well

- Water will be provided/served at school based community functions as a choice for every one
- Information is provided to school staff to encourage the promotion and role modelling of healthy drink choices
- Classrooms display MWEW posters on the benefits of water consumption
- The school newsletter is used to inform our school community of the school policy as well as information and facts from a range of resources, including MWEW about the positive health effects of drinking water.

These strategies apply to all students at all year levels.



Policy area 2: Healthy lunchboxes, healthy breaks

Kingston Primary School has a strategy in place to encourage all students to eat fresh fruit and vegetables or other healthy snacks; we aim to provide them with the opportunities while at school, as well as promote to the community the importance of fresh fruit and vegetables.

- Adequate time is given to students to eat their morning tea and lunch, with students being supervised in a positive eating environment
- A fruit/vegie break mid-way during the morning before recess is encouraged
- Students are encouraged to eat the healthy choices in their lunchbox first
- Students are educated about the positive benefits of growing and producing fresh fruit and vegetable through involvement in the school garden and kitchen activities, as well as through the delivery of the curriculum.
- Vegetables grown in the school garden are used in classroom cooking and the school canteen (where possible)
- Staff are encouraged to promote healthy eating by modelling healthy food choices
- The school newsletter and notice boards provide regular information about healthy food choices and ideas for snacks
- Each year the school will participate in a healthy eating promotion such as Nudie Lunch Boxes.



Policy area 3: Healthy canteen, lunch order or other school food services

It is our school policy to

- make sure our canteen meets a level of accreditation by the Tasmanian School Canteen Association
- limit 'occasional' foods prepared during class cooking and promote healthy options instead
- encourage all staff not to use 'occasional' foods as rewards in the classroom
- limit 'occasional' foods in the wider school environment:
 - We limit sausage sizzles to *6 per year* and always serve salad/whole wheat bread at BBQs, plus provide other options such as vegie burgers
 - We make thoughtful decisions about our fundraising and we limit sweets sales to *twice per year*
 - We encourage our fundraisers to focus on healthy fundraising ideas
 - Through Newsletter articles, we encourage families to support our policy and provide healthy options when food is brought to school, especially for lunch boxes, for parties and other special events
 - We make sure camps, socials and excursions support our healthy eating and drinking messages.



Policy area 4: Providing Physical Education and physical

At Kingston Primary School all students are encouraged to be active participants in regular physical activity or sport. Consistent with the Federal Government's Active School Curriculum guidelines (sixty minutes of physical activity per day), students will engage in daily physical activity, as well as planned and structured Physical Education lessons.

- Regular participation in physical activity can assist students in their social development with others, increase confidence and self-esteem, improve academic performance, develop cardiovascular fitness, build strong bones and muscles, develop good posture, coordination and motor skills and assist in maintaining a longer healthier life
- With regular participation and opportunity, students learn more about themselves, their abilities, their interests; they are more able to explore choices that will enhance their wellbeing: exposure to regular physical education and sporting activities at school increases the probability of a child developing good lifelong exercise habits.

Actions

- All classes receive regular Physical Education lessons provided by an HPE Specialist
- A School Aquatic Program is provided for all students K-2 and is held every year. Grades 3-6 students participate in the Education Department Swimming and Water Safety Program. Aquatic Carnivals are held every year to provide the opportunity of continuing to develop confidence and skill in the water environment
- All students are encouraged and supported in being active participants in all major carnivals – Aquatic, Cross country and Athletics
- All classes engage in Daily Physical Education sessions, structured to focus on cardiovascular fitness, team skills, sport awareness and individual skill development
- Grade 6 students are trained as Daily Physical Education Leaders. The Leaders work with classes K-2 conducting the Daily PE program – fostering the attitude that regular physical activity is a personal responsibility and needs to be a part of every one's lives
- All classes have their own supply of a range of sporting equipment, enabling students to be actively playing at break times

Move Well Eat Well

- Additional sport/activity sessions are arranged in addition to regular PE lessons to give opportunity to experience a wider range of community sporting activities – squash, football, volleyball
- Sporting opportunities are given to all students to be involved in community events and out of school hours competitions – City to Casino Fun Run, Netball, Basketball, Saturday Hockey, Table Tennis, Futsal, Indoor Cricket
- Grade 5 students participate in the Bike Education Program every year
- HPE Specialist teacher is supported with professional development opportunities
- Staff have access to a greater range of equipment from a central storeroom that can be utilised to provide further experiences with their class
- Students are supported to pursue opportunities to be in representative teams, major carnivals, interschool and community events (Hoon and Channel Carnivals, State Cross Country, Winter Sports Carnival, Triathlon, Hotshot Tennis and Volleyball Carnival)
- The school newsletter is used to inform our school community of the school policy, as well as details of the various sport activities available to all students



TURN OFF,
SWITCH
TO PLAY

Policy area 5: Promoting more active play

Playtimes and lunchtimes provide important opportunities for students to engage in active play.

Active Play is defined as activities guided more by imagination than by fixed rules.

Active play is play using muscle groups. This form of physical activity in students ages 5-12 years commonly include activities such as chasings, kick to kick, catch, shooting hoops, ball games (hopscotch, skipping).

By providing play equipment, such as balls, skipping ropes and bats, and having interesting line markings in the yard, we aim to increase students' physical activity levels whilst at school.

At Kingston Primary School we aim to facilitate and promote active play for all students K-6 with the provision of outdoor equipment and accessible and grade appropriate play/sport equipment in all classrooms.

- We encourage a balance between active play and screen time
- We encourage all students to participate in active play through providing access to play sport equipment for use before school, at recess and lunch breaks
- All classrooms have a supply of grade appropriate equipment
- Class teachers have access to the main PE storeroom, where there is a wide range of equipment that can be used for additional class experiences
- Our school grounds have a range of play/sport equipment that can be equally accessed and used by students to be physically active, as well as promote imaginative play
- Through our partnership with different sporting associations (Tennis Hotshots, Hurricanes Cricket, Kingborough Lions Soccer Club), as well as local sport centres, our students have opportunity to have practice and training sessions during lunch breaks
- We are proactive in organising school teams in futsal, basketball, netball and indoor cricket, promoting the value of physical activity in students' leisure time, as well as the positive impact on their social development
- **Wet weather** – students are encouraged to play board games – classes to have a rotation of students choosing a turn on the computer (limit the time individual students are using them), as well as having a negotiated space for active play (such as handball) in undercover areas

Initiatives:

- One day/week – no computer access for students before school

Move Well Eat Well

- One day/term – no computer access for students during break times– includes the library



STRIDE AND RIDE

Policy area 6: Heathy, active and safe travel

Walking and riding are great ways to increase general health through physical activity. 'Active Travel' (a form of physical activity undertaken as a means of travelling to and/or from a destination) provides opportunity for social interaction, regular and purposeful use of community facilities, can improve road safety skills, can reduce traffic congestion around school grounds, as well as developing lifelong habits of incorporating physical activity as a regular part of every day.

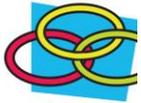
At Kingston Primary School we are committed to encouraging student and families to investigate the option of walking or riding to school.

We have a whole school promotion of walking or riding activities that include:

- National Ride2School Day
- National Walk Safely to School Day
- Get Walking Tasmania Week.

Our school based activities include:

- Bike Education Program (Grade 5 Students). A modern bike rack is available for all students to safely store their bike or scooter during the school day. This is placed where younger students also have easy access
- Family members and the school community are kept informed of the positive effects of walking or riding and our ongoing efforts to reduce traffic congestion
- Staff have access to shower facilities when riding/walking to and from work.



HEALTH
PROMOTING
SCHOOL

Policy area 7 Our curriculum, our families and our community

- A health and wellbeing curriculum is delivered to all year levels K – 6; this includes explicit teaching about healthy eating and the benefits of physical activity.
- Our families and new staff are informed about this policy and are provided with information to assist them to support the school.
- When we invite families into our school, we make water and tasty everyday food snacks part of the catering, instead of foods high in salt, fat and sugar.
- Information, ideas and strategies to promote healthy eating and physical activity are provided regularly in the newsletter.
- Information about local community sports, clubs and recreational opportunities are regularly provided to parents.
- Parents are invited to be involved in school carnivals, walk to school days, excursions and special events.
- Parents will be included in the revision of the Health and Well Being Policy.
- Information is provided to parents to encourage and role model drinking water, limiting sweet drinks and healthy eating.
- Information requests families not to bring 'occasional' foods and drinks to school, in particular chips (crisps), confectionery and high sugar drinks.
- Parents are reminded to encourage children to walk and cycle safely to and from school, after school and on weekends. If deodorant is necessary only roll-on deodorant is permitted (no sprays).
- External agencies and the wider community are involved in the promotion of healthy eating and/or physical activity in the school.