



RATIONALE

At St Peter Chanel Catholic School we recognise 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. School communities can help students develop healthy habits to live, learn, grow and play.

AIMS

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

WHOLE OF SCHOOL

It is recognised that the whole 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 St Peter Chanel Catholic School community, including staff, students, parent and volunteers will be supported to meet this policy.

RELEVANT POLICIES

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

- ❖ Policy area 1: Healthy drink choices
- ❖ Policy area 2: Healthy lunchboxes, healthy breaks
- ❖ Policy area 3: Healthy food
- ❖ Policy area 4: Providing Physical Education and physical activity
- ❖ Policy area 5: Promoting more play
- ❖ Policy area 6: Healthy, active and safe travel
- ❖ Policy area 7: Curriculum
- ❖ Policy area 8: Families and community

EVALUATION

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

I confirm that the following Award criteria have been met as described in this document and the strategies are formally adopted as school policy.	
School Principal name: Gregg Sharman	School Association President name:
Signature:	Signature:
Date:	Date:

Policy area 1: Healthy drink choices



RATIONALE

St Peter Chanel Catholic School encourages all students to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking in class time.

AIMS

- For all members of the school community to drink water on a regular basis.
- For all teachers to provide education about why we should drink water.

PROCEDURES

- All students are encouraged to bring to school water in their drink bottles.
- Water bottles are allowed inside the classrooms for students to access at any time.
- All students have access to water fountains.
- All students are encouraged to drink water before and after physical activity.
- A filter system has been added in the staffroom to encourage water drinking and modeling by all staff.
- Parents are periodically informed about the benefits of drinking water.
- School based events will serve water as an option.
- 'Water Only' posters are up on entry to each classroom.

Policy area 2: Healthy lunchboxes, healthy breaks



RATIONALE

St Peter Chanel Catholic School encourages all students to eat fruit and vegetables while at school. Fruit and vegetables are excellent sources of vitamins, minerals and fibre required for healthy bones, teeth, skin, eyes and digestion.

AIMS

- For all students to bring fruit and vegetables to school to consume during the daily classroom routine, and as part of their healthy lunchbox.

PROCEDURES

- All students participate in a fruit and vegetable break at 10am each day.
- Students will be educated about the positive benefits of eating fruit and vegetables through the delivery of the curriculum.
- Students will be given adequate time to eat their recess and lunch.
- Staff will be encouraged to promote healthy eating by modeling healthy food choices.
- Parents will be periodically informed about the benefits of making healthy food choices.
- A school garden has been implemented with students having supervised access with planting, maintaining, cultivating and finally cooking/consuming grown produce.

Policy area 3: Healthy Food



RATIONALE

St Peter Chanel Catholic School limits ‘occasional’ foods in the school canteen and in the wider school community by a commitment to achieve a level of school canteen accreditation. A national study found 40% of children’s energy intakes from occasional foods and drinks such as chips, lollies, biscuits, cakes and high sugar drinks. Researchers have found that over 90% of children have “occasional” food in their lunchboxes with the amount averaging three serves on any one day. Too many “occasional” foods are linked with tooth decay, constipation, obesity, diabetes and heart disease.

AIMS

- To limit the availability of “occasional” foods in the wider school community.
- To educate students and parents about the importance of limiting “occasional food” and the promotion of fruit and vegetables.

PROCEDURES

- Lunch orders from the canteen are consistent with Tasmanian School Canteen Association guidelines. Orders of ‘occasional’ foods are limited.
- The school canteen is committed to achieving accreditation with the Tasmanian School Canteen Association.
- ‘Occasional’ foods are not used as rewards in the classroom.
- ‘Occasional’ foods are limited in school fundraising activities. Class and parents fundraisers are encouraged to replace sales of “occasional” foods with non-food or healthy food options.
- There is minimal fundraising by selling chocolates and sweets.
- Awareness of healthy snacks will be promoted in the school newsletter.
- We make thoughtful decisions about when we allow ‘occasional’ foods to be available at school, for example, school discos, barbeques, class parties etc. School barbeques will include whole wheat bread and salad options.

Policy area 4: Providing Physical Education and physical activity



RATIONALE

Physical activity can support the development of students' motor skills, movement competence and has a positive impact on their health and wellbeing as well as their learning outcomes. The Federal Government's Active School Curriculum Guidelines recommends two hours of physical activity per week for all students whilst at school. St Peter Chanel Catholic School adheres to the Federal Government guidelines.

AIMS

- To develop students' motor skills, movement competence and health-related physical fitness and to promote lifelong participation in physical activity thus two hours of Physical Education and physical activity will be timetabled each week for every child from Kinder to Grade 6.

PROCEDURES

- All students participate in daily physical activity each day for 15 minutes.
- All students have a 40 minute Physical Education lesson each week which includes a range of traditional and non-traditional sports, recreation and movement activities.
- Students in Kinder, Prep and Grade 1 participate in a Perceptual Motor Program to develop fine and gross motor skills.
- Learn to swim is offered for Kinder to Grade 6 for two weeks (40-50 minutes per lesson dependent on grade level).
- Water polo is offered to students from Grade 3 to 6.
- All students are encouraged to actively participate in school carnivals.
- All students are encouraged to participate in Jump Rope for Heart.
- All students are encouraged to participate in out-of-hours sports teams, lessons and activities.
- All teachers are given professional development opportunities in Physical Education.
- Parents and staff are encouraged to be physically active and model physical activity behavior.

Policy area 5: Promoting more active play



**TURN OFF,
SWITCH
TO PLAY**

RATIONALE

The Australian Government recommends that children should not spend more than two hours each day using electronic media for entertainment. Those that do so are less likely to participate in any organised physical activity and are more likely to consume an unhealthy diet. St Peter Chanel Catholic School encourages all students to use play equipment at recess and lunch.

AIMS

- To provide a variety of play equipment that caters for a range of abilities, and ages in an aesthetically pleasing environment.

PROCEDURES

- All students have access to active play equipment at recess and lunch and are encouraged to use it.
- A range of sports equipment is available to borrow at recess and lunch.
- Staff will be encouraged to promote participation in physical activity and encourage students to participate in sports outside of school hours.
- Safe playground practices will be encouraged and supported.
- Parents and the wider community will be educated about the importance of Switching off and Play.
- Students only have access to computers for recreational use during inclement weather.

Policy area 6: Healthy, active and safe travel



RATIONALE

Walking and riding are a great way to increase physical activity. As well as being fun they provide the opportunity to appreciate and experience the natural environment. Walking and riding can reduce traffic congestion and promote a healthier environment. St Peter Chanel Catholic School promotes walking or riding through a whole school activity at least one day per term.

AIMS

- St Peter Chanel provides a whole school activity at least one day over four terms that promotes active transport.

PROCEDURES

- Whole school activities; e.g. Walk to School, Ride to School days. Walkathon for charities and Pedometer challenge.
- Prep to Grade 6 will walk to the Athletics carnival and other local excursions
- Clean up Australia Day – classes walk throughout the school and church grounds.
- Bike racks are available for storage of bikes for staff and students.
- The local police officer will come and talk about safety a couple of times a year.
- All students will be educated on walking and riding safety through the delivery of the curriculum.
- Parents will be notified of upcoming events through the newsletter and are encouraged to give their support.

Policy area 7: Curriculum



RATIONALE

Families are a key component with a Health Promoting School. Involving parents also has the potential to increase support for healthy behaviour's outside of school hours. At St Peter Chanel Catholic school our staff recognize the importance of parents and teachers working together, in partnership, to develop a healthy school environment.

AIMS

- To inform parents about the Move Well Eat Well Policy, and provide support and education to parents in enabling them to encourage their children's eating and physical activity at home and school.

PROCEDURES

- Staff will be provided with information opportunities for professional development and collaborative planning to further their knowledge and understanding about the importance of good nutrition and physical activity.
- The New South Wales Curriculum – Personal Development, Health and Physical Education syllabus is adhered to.
- Specialist support and development officers will be used to help introduce students to a variety of outdoor pursuits that encourage physical activity.
- Wherever possible education opportunities will be displayed and shared with students and parents.
- Lifestyle choices and physical activity will be celebrated through the newsletter, school website and displayed around the school.

Policy area 8: Families and community



RATIONALE

Families are a key component on a Health Promoting School. Involving parents also has the potential to increase support for healthy behaviours outside of school hours. At St Peter Chanel Catholic School our staff recognise the importance of parents and teachers working together, in partnership, to develop a healthy school environment.

AIMS

- To inform parents about the Move Well Eat Well Policy, and provide support and education to parents, in enabling them to encourage their children's eating and Physical Activity at home and school.

PROCEDURES

- All families will receive a brochure about Move Well Eat Well, including new families on enrolment.
- Information sessions will be provided to parents about the Move Well Eat Well Policy, encouraging support.
- Staff are available to provide ideas and strategies to help families to meet healthy eating requirements. These ideas are based on nationally recognised evidence for the promotion of healthy eating and physical activity for children.
- Information about local community sports, clubs and recreational opportunities are regularly provided to parents and students.
- Parents are invited to be involved in school carnivals, excursions and special events.