



Move Well Eat Well Policy

Rationale

At Taroona Primary School we believe that healthy eating and physical activity promotes children's physical, social and emotional wellbeing. This is necessary for children to achieve their potential. Educating our students about healthy lifestyle choices will contribute to better health and improved learning outcomes during their school years and beyond. Our school promotes and supports students and families to develop an awareness and understanding of healthy practices.

Purpose

This Move Well Eat Well policy is designed to:



- promote the health and wellbeing of all children by making healthy eating and physical activity an integral part of every child's day;
- create an environment that enables children to enjoy healthy foods and physical activity every day;
- create a culture whereby the school community discusses, evaluates and practises wise lifestyle choices in regard to eating and exercise.

Whole of school

It is recognised 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 and volunteers will be supported to meet this policy.

Evaluation

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:
Danielle Bresnehan	Leah Magliano
Signature: 	Signature: 



Policy Area 1: Healthy Drink Choices

Aim

All students are encouraged to drink water throughout the day, especially during physical activity.

Rationale

- Water provides hydration for improved concentration and learning outcomes.
- Water provides hydration for improved bodily functions.
- Drinking water helps to regulate body temperature.
- Drinking water promotes healthy teeth and healthy weight.
- Water is the only option for drink bottles at school.

Actions

- A chilled water system is available in the staff room.
- A filtered drinking fountain and water bottle refilling station is available in the playground.
- Each child is expected to have a water bottle at school each day.
- Water fountain is available for students who forget their water bottles.
- Children have access to their water bottle during class time and special events such as excursions, specialist lessons, sports days, etc.
- Children are encouraged to drink water during the day.
- Sweet drinks, in any form, are not permitted during class time.
- Water is available as an option at all school functions and events.
- The school community will be informed about the benefits of drinking water via the school newsletter, displays and as part of the Australian Curriculum: Health and Physical Education.
- Newsletters include information and facts about the positive effects of drinking water from a range of resources, including MWEW resources. This will reach children, parents and the wider school community.



Policy Area 2:

Aim

To ensure that children across all grades eat fruit or vegetables during the school day.

Rationale

- Research shows that not enough children eat the recommended number of serves of fruit and vegetables per day.
- Fruit and vegetables are an important part of healthy eating and protect against many diseases.
- Fruit and vegetables are excellent sources of vitamins, minerals and fibre for healthy bones, teeth, eyes, hair skin and digestion.

Actions

At Taroona Primary we actively encourage all students to include fruit and vegetables in their lunchboxes each day.

This is achieved by:

- Promoting and understanding the importance of healthy eating through the Australian Curriculum: Health and Physical Education.
- Nutrition education is embedded in class health and wellbeing programs.
- Classroom discussions about healthy lunchbox inclusions.
- A break is scheduled during each school day for children to have a fruit or vegetable snack. This fruit and vegetable break will ensure all classes, Kinder to Grade 6, are given time to eat fresh fruit or vegetables every day and have a wriggle or move at the teachers discretion.
- Adequate time is given for children to eat their food and children are supervised by class teachers while eating.
- Healthy food ideas are promoted in the school newsletter and in displays around the school.
- Classes have the opportunity to grow vegetables in school garden beds to use for sampling, cooking and consumption.
- All staff are encouraged to promote healthy eating by modelling healthy food choices.
- School support is available to provide parents with strategies for "fussy eaters".
- TPS will participate in a healthy eating promotions (eg healthy orange-coloured fruit and vegetables for Harmony Day).



Policy Area 3: Healthy Canteen, Lunch Order or Other Food Services

Aim

To educate children and parents about the importance of eating fruit and vegetables and limiting occasional foods.

Rationale

- Too many sometimes foods are linked with tooth decay, constipation, obesity, diabetes and heart disease. When children fill up on sometimes foods, they are missing out on vital nutrients for growth and development.

Actions

- Awareness that the school is in a position to surround children with healthy options and promote good food choices, which will ultimately encourage children to transfer this experience to the home.
- Students will learn about the nutritional value of all foods and the impact of a balanced diet through the Australian Curriculum: Health and Physical Education. Students work towards knowing how to make wise food choices and understand when sometimes foods are appropriate.
- Children are supervised by teachers when eating, and are encouraged to make healthy choices from their lunchboxes.
- Wrapper Free Challenges are conducted once per term, with the aim to reduce wrappers and rubbish as well as promote healthier options.
- Families are kept well informed by newsletters and displays, which focus on healthy food choices and students' health and wellbeing.
- Sometimes foods are not given as rewards in class.
- Staff make thoughtful decisions about when to allow 'sometimes' foods to be available at school, for example, school discos, barbecues, class parties etc.
- Where possible, we aim to reduce the number of times 'sometimes' foods are provided at school events.
- School functions include wholemeal bread/salad as an option.
- Where possible, incidental fundraising activities will use healthy food options.
- Chocolates, sweets or similar are not sold at school as a fundraisers.
- Sushi is sold once a week, with varieties chosen as better choices by the Tasmanian School Canteen Association.
- Ice-creams are sold once a week, and children are only permitted to buy one ice-cream. Ice cream varieties are chosen from those recommended as better choices by the Tasmanian School Canteen Association.



Policy Area 4: Providing Physical Education and Physical Activity

Aims

- All students from Prep to Year Six to participate for 15 minutes each day in a structured Daily Fitness Program.
- Forty minute Physical Education Lessons to be timetabled each week for every child from Kinder to Year 6.
- Provide a weekly perceptual motor program for all Prep students.

Rationale

- Timetabling regular physical activity and sport is consistent with the UNESCO Quality Physical Education Guidelines which prescribes two hours of physical activity per week for all students while at school.
- At present there is a high occurrence of children being overweight, obese and/or having type two diabetes or developing cardiovascular conditions across Australia due to inactivity and poor diet.
- Involvement in regular physical education and sporting activities is essential for the development of fundamental skills to allow students to participate in a range of sports and leisure pursuits during their school years and beyond.
- Exposure to regular physical education and sporting activities at school increases the probability of a child developing good lifelong exercise habits.
- Regular physical activity provides numerous benefits including increased physical fitness, confidence, self-esteem, social skills, school performance, relaxation and positive social relationships.

Actions

- We provide opportunities for regular, timetabled physical activity. All students from Prep to Year 6 to participate in two hours minimum of physical activity every week. This is achieved through our Daily Fitness Program and Physical Education lessons.
- The Daily Physical Education program is an integral part of our school culture. Year six students are trained at the beginning of the year to run fourteen different fitness stations. This involves warm up exercises, specific conditioning tasks and cool down exercises for each of the different stations.
- Prep to Year 6 classes are encouraged to participate in a range of sporting rosters and alternative physical activities which include school representation and performance opportunities.
- Extra-curricular and community-organised events (e.g. fun run programs) are signposted and advertised regularly in the weekly school newsletter.

- Participation in physical activity is a goal, rather than performance or scores. ● A weekly perceptual motor program is provided for all Prep students.
- Taroona Primary School and Taroona High School work together with Year Nine & Ten students helping with sports activities throughout the year (carnivals, PE lessons etc). ● Children are encouraged to, and supported in, joining school and community sporting teams which play outside school hours.
- The wider school community is invited to join us on all sports and activity days.
- A minimum 3 times a week each class to have a 10 minute fruit and wriggle/exercise break.
- All staff at TPS who teach PE or sport are supported with professional development opportunities.



Policy Area 5: Promoting More Active Play

Aim

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

Rationale

- The provision of varied and exciting age appropriate play equipment for children provides an opportunity for children to develop physical, social and emotional skills through active play.
- Current research findings show that children are spending a lot of time in front of a screen — TV, computers, electronic games and entertainment. Excess screen time is associated with unhealthy eating and poor fitness.
- Australian Government recommendations advise that children should not spend more than two hours each day using electronic media for entertainment.

Actions

- Children from all grades will be able to access play equipment appropriate to their needs at lunch time and at recess.
- A variety of play equipment will be provided to encourage active, imaginative and passive play.
- Kits of equipment are allocated to each class and available for children to borrow at recess and lunch. Children are encouraged to practise safe play, and have responsibility to look after and return their play equipment.
- Staff are encouraged to promote participation in physical activity where possible.
- Children and the wider school community will be educated on the positive benefits of physical activity, including information shared through the school newsletter and Facebook page.
- Children will be taught about how to play safely and the correct use of playground equipment.
- Parents and the wider community will be educated about the importance of 'Switching off and Play' through newsletters and the school Facebook Page.
- Safe playground practices will be encouraged and supported.
- Students encouraged to play outside during break times (very limited access to computers during this time).
- Non-screen games and activities are encouraged in the classrooms on wet days.
- Time spent using screen and devices at school will be limited to a maximum of 15 minute sessions for no more than one hour per day, in line with the T PS Tablet Device Guidelines (February 20 14).



Policy Area 6

Health , Active and Safe Travel

Aim

Whole of school events will be run each year to encourage students to walk or ride more regularly to school.

Rationale

- Walking and riding are great ways to promote an active lifestyle and a healthier environment by reducing traffic on roads and car parks.
- Outdoor activities provide students with Vitamin D gained through sunlight, which is important for bone density and general good health.

Actions

- Each year the school will promote three whole of school walking or riding events, in addition to the whole school walk to the beach for the end of year picnic. ● Bike racks and storage areas for scooters, skateboards and bikes are available.
- Classes are encouraged to regularly explore the local environment by walking to nearby community areas of interest such as the Taroona foreshore, Taroona Community Centre and IMAS.



Policy Area 7 Curriculum

Aim

Students will develop a sequential and structured understanding of the importance of physical activity and healthy eating that will positively influence their lifestyle choices, now and into their adult lives.

Rationale

Learning in Health and Physical Education supports students to make decisions about their health, wellbeing, safety and physical activity participation.

Actions

- Classroom and specialist Physical Education teachers will provide structured and sequential learning opportunities for the development of knowledge, skills and behaviours which enable students to understand and practice healthy lifestyle choices.
- Professional learning in the Australian Curriculum: Health and Physical Education will be provided for all teachers.
- A whole school approach will be implemented, involving and educating families, staff and community.
- A Leadership Program for all Year Six students will be provided at the beginning of each year.
- Students will be given the support they require to access the Australian Curriculum: Health and Physical Education. This may necessitate an individual educational plan. ● Liaison, as required, will occur with specialists and school professionals including physiotherapists, dietitians, occupational therapists and psychologists.



Policy Area 8

Families and Community

Aim

To provide support and education to families, enabling them to encourage their children's healthy eating and physical activity.

Rationale

Families are the key component of a Health Promoting School. All staff recognise and value the importance of the parents and teachers working together, in partnership, to help develop a healthy school environment.

Actions

- The TPS Move Well Eat Well policy will be included in the Parent Handbook published annually.
- All families will have access to the school's Move Well Eat Well school policy electronically. ● All new families will be encouraged to read the Move Well Eat Well school policy upon enrolment.
- Health promoting information and news will be published in the newsletter, on the school Facebook Page and via displays around the school on a regular basis.
- 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 Move Well Eat Well school policy.
- All families are encouraged to visit the Move Well Eat Well website (www.movewelleatwell.tas.gov.au) for healthy eating ideas.
- Members of the school community who are involved in fund raising are encouraged to use non-food, activity based or healthy eating alternatives where possible.

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