

Sheffield School Move Well Eat Well Policy

Rationale:

Healthy eating, drinking water and physical activity are associated with improved learning and behaviour, healthy growth and weight and lifelong health and wellbeing. Sheffield School is committed to empowering students to develop healthy, lifelong habits. A Health and Physical Education curriculum is delivered in each year level which includes teaching about healthy eating and the benefits of physical activity.

This Move Well Eat Well Policy is an adjunct to the school's Supportive Schools Policy and applies to all classes Year K-6.

Purpose:

To promote the health and wellbeing of students by making healthy eating, drinking water and physical activity a regular part of every student's day.

Guidelines:

Healthy eating

- Students are permitted to drink only water during class time and PE.
- Drinking taps are accessible to students at all times.
- A daily 'boost break' provides the opportunity for all students to enjoy fruit and vegetables each day.
- Sweets or 'occasional' foods are not used as rewards in class.
- Chocolate fundraising activities are limited to one per year.
- Our canteen will maintain a minimum of bronze award with the Canteen Accreditation Program.
(see attached canteen guidelines/ procedures)
- End of term / year celebrations will promote healthy food options.
- Salads and wholemeal bread will be offered at school BBQs.
- Food provisions at camps, school excursions, sports events and classroom activities will promote healthy eating.
- We promote the inclusion of fruit and vegetables in lunch boxes by providing lunchbox ideas to families

Physical Activity

- All primary students participate in 15 minutes of daily PE in addition to 50 minutes of timetabled Physical Education weekly.
- All students from prep upwards are encouraged to participate in extracurricular activities such as 'Sporting Schools' activities, and school sports teams in soccer, basketball, netball, football and hockey.
- All students have access to age appropriate equipment that encourages active play.
- Athletic and swimming carnivals are held annually and Sporting Schools activities compliment the school and community sports rosters.

- We promote walking and riding to school and excursions through an organised activity for all students at least once a term.
- Staff are encouraged to model healthy eating, drinking and physical activity through healthy catering for staff functions, and modeling active lifestyles through participation in sports and coaching.
- Fortnightly newsletter items sourced from the MWEW website empower parents to make healthy choices. The Primary Welcome pack for families outlines the Move Well Eat Well focus and encourages support.
- The MWEW website is linked to our school website.

- 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.

Signed:



(School Principal)

Date: March 2019

Signed:



(School Association President)

Date: Sept 19.

Secretary