

## **Carlisle River Primary School HEALTH/PE AND HEALTHY EATING POLICY**

### **PURPOSE**

Carlisle River Primary School encourages students to establish and maintain healthy eating habits through their school life while developing lifelong behaviours for the benefit of their own health and wellbeing.

At Carlisle River Primary School we place a high priority on creating an environment that will support and encourage all students to develop and lead a healthy lifestyle through enjoying healthy eating and physical activity every day.

### **GENERAL AIMS**

- 1.1 Provide ongoing education that promotes understanding and personal responsibility for healthy food choices.
- 1.2 Provide environments that support healthy living options.
- 1.3 Create awareness of healthy nutritional living options and develop supportive relationships between students, parents and staff.
- 1.4 Increase access and participation in physical activity on a daily basis.
- 1.5 The promotion of healthy eating and drinking habits within the school and wider community.

### **IMPLEMENTATION**

- 2.1 Classroom programs will reinforce the importance of healthy eating.
- 2.2 Staff members are encouraged to model healthy eating behaviours.
- 2.3 Students eat fruit first at morning tea. .
- 2.4 All students at our school are encouraged to drink water at all times throughout the day, and during physical activity.
- 2.5 Staff use rewards other than confectionary.
- 2.6 Food available for school fund raising, school camps, celebrations and sports days will be consistent with this policy.
- 2.7 Cultural celebrations and special days are an important part of our curriculum and may include traditional foods such as Easter eggs, birthday cakes etc.
- 2.8 Nutrition policies and activities will be promoted and communicated to parents through newsletters and daily diaries.
- 2.9 The school community will maintain and utilise the produce from the vegetable/berry garden.
- 2.10 Partnerships with local agencies and health professionals will reinforce our healthy eating message.
- 2.11 Play and sports equipment is made available to all students in all year levels daily to foster and encourage physical activity in the playground.
- 2.12 The V.C F-10-Health and Physical Education is the core document for the Health and Physical Education program.
- 2.13 All grade levels adhere to DET guidelines for physical activity.

### **EVALUATION**

This policy will be reviewed as part of the school's four- year review cycle.  
Endorsed by School Council –August 2021