

Caulfield South Primary School

C.S.P.S.

'Go for your Life' Policy

Rationale:

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. We, our school community, can help students 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:

It is recognised that every member of **Caulfield South Primary School** community impacts on children's health and can contribute to creating an environment that promotes healthy eating and physical activity. All members of our school community including staff, students, parents and volunteers will be supported to meet this policy.

Relevant policies:

This policy document is supported by the following existing school policies and documents within the school:

Implementation:

1. **Caulfield South Primary School** has a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking in class time.
2. **Caulfield South Primary School** has a strategy in place to encourage all students to eat fruit and vegetables while at school. This includes a defined period of time each day when children are encouraged to eat fruit and vegetables only.
3. Confectionery and high sugar drinks such as soft drinks, energy drinks and flavoured mineral waters are excluded from the canteen and other school food services, including vending machines (if applicable). School community members are encouraged not to bring these items to school.
4. Chips (crisps) and fried foods are supplied no more than two times per term through the canteen or other school food services. School community members are encouraged not to bring these items to school.
5. All staff are encouraged not to use sweets as rewards in the classroom.
6. The timetabling of physical activity, physical education and sport is consistent with appropriate education sector requirements.

7. Play equipment that encourages physical activity is made available to all students at lunchtimes and other breaks.
8. The school promotes walking or riding through a whole-of-school activity at least one day per term.
9. A whole school curriculum plan, which reflects the Victorian Essential Learning Standards, encourages healthy eating and physical activity during and outside school hours.
10. Families are informed of healthy eating and physical activity policies and are provided with information to assist them to meet policy requirements.

Evaluation:

This policy will be reviewed every 3 years and in accordance to the DEECD policies.