

Portland Primary School

HEALTHY LIFESTYLES POLICY

Rationale:

Portland Primary school recognises the importance of children developing a positive attitude towards healthy nutrition and physical activity. Healthy eating and physical activity will maximise a child's concentration and ability to learn. The school environment has a significant influence on children and their families. We recognise the many positive benefits of pupils walking, cycling and scooting to and from school and encourage these active lifestyle choices.

Aims:

- To develop within students an informed appreciation of healthy eating and exercise habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
- To improve health through physical activity.
- To educate families about Healthy Lifestyle practices.
- Promote independence and improve safety awareness.
- Reduce the environmental impact of the journey to school.

Implementation:

- The development of an appreciation of healthy foods, healthy eating habits and regular exercise form a part of our Healthy and Active Lifestyle.
- Lessons relating to healthy foods, healthy eating, benefits of regular physical activity will form part of each child's annual Health & Physical Education curriculum studies in line with VELS standards.
- All students will participate in Department of Education's mandated times for physical and sport education. Years Prep-3: 20 -30 minutes of physical education a day. Years-4-6: three hours per week of physical education and sport with a minimum provision of 50 percent of physical education.
- All students have regular access to play equipment at recess and lunch breaks.
- The canteen will promote and provide a good selection of nutritious, tasty and attractive foods consistent with the Kids-'Go For Your Life-Healthy Canteen Kit' and Department of Education policy. This will ensure that confectionary, soft drinks, energy drinks and flavoured mineral water will not be sold.
- Occasional foods (red category) will not be provided by the canteen more than once per term.
- Children are actively encouraged to bring healthy lunch boxes and snacks to school.
- Parents are given information about healthy lunch boxes for children.
- Healthy foods and drinks will be available, where possible, to all students at activities such as sporting events, camps and excursions.
- The school will ensure that a supply of drinkable water is available at the school at all times.
- Staff members will be encouraged to model healthy lifestyles whilst at school.
- Food and lollies are not used in the class or school as a reward.
- Students will have access to their own water bottles during class lessons, and have permission to eat fruit/vegetables (brain food) during the first two hours learning session, unless it is deemed by the class teacher to be inappropriate to do so.

- Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods and lifestyles philosophy e.g.: chocolate bars or lollies.
- Staff are to inform the principal of students who regularly appear to be provided with inadequate lunches and those who appear not to be having breakfast.
- Appropriate healthy lifestyles (diet, physical activity and limited screen time) will be promoted with flyers, displays and information in the newsletter.
- Parents of children with medical conditions will inform the school of their special dietary needs.
- In the case of food allergies, the parent must inform the school. If necessary the school will take an exclusion policy of that food e.g. peanuts.
- Students will participate in activities, like weeding, mulching, planting, watering and harvesting plants in the kitchen garden.
- Students will also be engaged in preparing and cooking the produce from the kitchen garden, following the health department's food handling practices.

Parents/carers are responsible for children riding bicycles to and from school.

Note: Research shows that most children under the age of twelve do not have the neuro-physiological and psychological development to cope with complex traffic situations on their own.

Road safety authorities recommend that before the age of nine or ten years children should not ride a bicycle in traffic without adult supervision. Depending on their cycling skills and experience, some children over this age may still require supervision. **We strongly recommend students be accompanied by an adult until grade four.**

Children under the age of twelve may ride on footpaths as may a supervising adult. They are required to give way to pedestrians and to wheel their bicycles over pedestrian and children's crossings. Children aged twelve years or older are required by law to ride on the road.

Parents and students should be reminded that the law requires that all cyclists wear an approved bicycle helmet. Approved helmets have the Australian Standards Mark TM (AS/NZS 2063) and will be marked as suitable for cycling. **We recommend that all cyclists and scooters wear approved bicycle helmets.**

- Students will be encouraged to walk, scoot or ride to school and must wear an approved helmet if riding or scooting.
- Students must dismount from their bicycles and scooters at the school entrance. Riding is not permitted inside the school grounds but they may scoot if it is safe to do so.
- Students who break school rules will not be allowed to bring their bike or scooter onto the school grounds for a period of time determined by the principal or their delegate.
- The school will provide a secure storage for scooters, bicycles and helmets.
- Lessons relating to road safety will form part of the student's regular curriculum studies using a variety of resources like, 'Kids on the Move' that are in line with VELS standards.
- Year 4/5/6 students will be offered a Bike Education program every second year to support the principles of safe riding in this policy.
- Within the above context, cycling and scooting will be promoted as healthy activities for students and as an environmentally friendly alternative mode of travel to and from school.

Evaluation:

- This policy will be reviewed every three years.

This policy was last ratified by Portland Primary School Council in

March 2012