



# Healthy Eating and Physical Activity Policy



**Narrogin Primary School**  
Whole School  
Healthy Eating and Physical  
Education Policy

# Narrogin Primary School

## Healthy Eating and Physical Activity Policy

### RATIONALE

**Healthy eating and physical activity** are fundamental to good health throughout life and contribute to improved learning and concentration, better behaviour, prevention of disease and healthy growth and weight for lifelong health and wellbeing.

Our school is committed to helping our students achieve these aims and we have adopted a policy that will:

- Increase awareness in the school community of the importance of healthy eating and physical activity;
- Create better learning outcomes, health and well-being for students and staff;
- Provide a safe, stimulating and fun place to learn, work and play;
- Nurture a sense of pride and commitment where students, teachers/staff, parents/caregivers, health professionals and community groups collaborate to create and maintain a healthy school community.

### SUPPORTIVE PRACTICE

Narrogin Primary School will incorporate **healthy eating and physical activity** concepts into school activities by providing:

- regular professional development opportunities for teachers and other staff
- regular physical activity and good nutrition sessions during teaching periods for years K-7;
- physical activity opportunities in line with national guidelines;\*
- food-centred activities that are healthful, enjoyable and developmentally appropriate;\*\*
- activities that will give students the skills to make healthy eating and physical activity choices for themselves;
- parents with opportunities to participate in school based healthy eating and physical activities,

*\*Physical Activity recommendations from Commonwealth of Australia, Department of Health and Ageing*

*\*\*Dietary guidelines for Australian children and adolescents*

### SUPPORTIVE ENVIRONMENT

Narrogin Primary School will nurture a supportive environment where students will receive consistent messages about healthy eating and physical activity by:

- Promoting the DET Healthy Food and Drink policy;
- Providing sufficient resources and opportunities to promote physical activity and active play during teaching periods, breaks and before and after school;
- Encouraging students to eat breakfast before attending school and/or providing an economically sustainable school breakfast club;
- Supporting P&C fundraising initiatives that do not contradict the principles of healthy eating and physical activity;

- Adopting programs that help build students' knowledge and positive attitudes towards healthy eating and physical activity e.g. Crunch & Sip® & Sunsmart;
- Making drinking water available and easily accessible to students throughout the day;
- Motivating and supporting staff to achieve quality outcomes for healthy eating and physical activity e.g. assigning a school Health and Well-being Coordinator.
- Encouraging parents/carers to ensure their children eat healthy, varied lunches, snacks and treats at school and encourage them to reinforce healthy eating practices at home.

## **SUPPORTIVE PARTNERSHIPS**

Narrogin Primary School will actively seek opportunities to form partnerships with parents/carers; community groups, health service professionals and agencies to achieve the aims outlined in our ***Healthy Eating and Physical Activity Policy***.

## **STRATEGIES**

Narrogin Primary School will form a committee to implement our ***Healthy Eating and Physical Activity Policy***.

The committee will consist of Administration, Teaching staff, Canteen committee member, School Psychologist, School Nurse, Parent member and interested community members. The committee will co opt other members as needed.

## **EVALUATION**

At the end of each school year, a sub committee of the above committee will review our ***Healthy Eating and Physical Activity Policy*** to:

- identify our achievements and shortfalls
- recommend a course of action for the forthcoming year

The team will review our supportive:

1. Practices
2. Environment
3. Partnerships