

Healthy Living Policy

Excellence, Diversity, Learning, Integrity,
Community



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Healthy Living Policy

Rationale

Healthy nutritional habits and physical activity are essential to the growth and development of children. Recent brain research supports the notion that healthy diet improves learning potential and concentration, promoting positive behaviors that assist with lifelong health and wellbeing. At VISS we work together as home/school partnership to develop student and family understandings to help students develop healthy habits to live, learn, grow and play.

Aims

Through Curriculum we aim:

- To develop within students an informed appreciation of healthy eating habits

To develop knowledge, skills and behaviors that enables them to:

- Make healthy choices that will influence a healthy lifestyle
- Understand the role of physical activity in ensuring good health
- Engage in physical activity.

Through the Medical Centre we proactively:

- Support the teaching and learning program.
- Develop and support parent understandings.
- Contribute to wellbeing through student screenings.

Implementation

Curriculum

- The Health and Physical Education Learning Area is an essential component of the Australian (Victorian) Curriculum
- Programs relating to healthy foods, healthy eating and the importance of daily physical activity will form part of each child's annual Health & Physical Education curriculum studies.
- Timetabling of physical activity at VISS is consistent with Australian Curriculum requirements
- Sport involvement at lunchtimes and after school provides further activity time for students.
- Students will have access to their own water bottles (to be filled with water only) during class lessons, and staff will encourage students to consume water during physical activity.
- No sweet drinks are allowed in class.
- Students are encouraged to have a fruit, vegetable and water at break times every day.
- Staff members will be encouraged to model healthy eating habits whilst at school and will encourage healthy eating amongst students.
- The School Canteen is screened to provide healthy options

Physical Environment

- The school environment provides fixed and transferrable play and sports equipment that encourages physical activity and is available to all students at recess and lunchtimes.
- The Executive Principal will ensure that a supply of drinkable water is available at the school.

Home/ School Partnership

- Families are informed of the healthy eating and physical activity policy.
- Students are encouraged not to bring food and drinks high in sugar, salt and fat to school.
- Student birthday celebrations should be held outside the school.
- Students must not order food in from outside providers – if they do not use the canteen, they must bring in healthy packed lunches.
- Special events (e.g. National/International day, whole-school fundraising) may involve food, but suitable steps need to be taken to avoid allergy or cultural issues
- Other rewards/treats should be on similar guidelines and SLT should be consulted in advance.

Any celebratory food items brought to school need to be limited:

- Only individual vanilla cupcakes (no cream or icing) and fresh fruit.
- Take into consideration the prevalence of student health issues, such as diabetes and severe food allergies.

Staff are allowed to make their own arrangements, but should be discrete (ideally use the staff room, particularly for fast food)

References

(<http://www.health.gov.au/pubhlth/strateg/food/guide>, n.d.)

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-food-index.htm>

Policy Review

This policy is to be reviewed annually.