

## **POLICY: Healthy Eating and Physical Activity**

### **1. PURPOSE**

To promote student wellbeing by making healthy eating and physical activity a regular part of every child's day.

### **2. AIMS**

- 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. The Brentwood Park community will help students develop healthy choices.
- It is recognised that every member of the school community impacts on children's health and can contribute to creating an environment that promotes healthy eating and physical activity. All members of the Brentwood Park community, including staff, students, parents and volunteers will promote healthy eating and physical activity.

### **3. IMPLEMENTATION**

- Staff members will be discouraged from offering sweets as rewards.
- Students will have access to their own water bottles during class lessons, and encouraged to drink water throughout the day, especially during physical activity.
- All students will be encouraged to eat fruit and vegetables during a designated break each day.
- The school will promote walking or riding to school through a whole school activity at least once a term. i.e. Walk to School, Ride to School Day.
- Families are informed of the Healthy Eating and Physical Activity Policy and are provided with information to meet this policy requirement through displays, newsletter articles and other promotional material.

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

- ~Canteen Policy
- ~Health and Physical Education Policy
- ~Student Well Being and Discipline Policy
- ~Curriculum documents relating to healthy eating and physical education: *Life's Links*, *Life Education* and the Health and Physical Education Program.

### **4. EVALUATION**

This policy will be reviewed as necessary.