

## **POLICY: HEALTHY EATING and PHYSICAL ACTIVITY**



### **PURPOSE**

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

### **AIMS**

- Healthy eating practices and physical activity are associated with improved learning and concentration, improved 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 student 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 practices and physical activity.

### **IMPLEMENTATION**

- Staff members are discouraged from offering sweets as rewards.
- Students will have access to their own water bottles during class lessons, and are 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 to school through a whole school activity i.e. Walk to School.

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

- ~Canteen Policy
- ~Health and Physical Education Policy
- ~Curriculum documents relating to healthy eating and physical education: *Life Education* and the Health and Physical Education Program.

### **REVIEW**

Policy to be reviewed as necessary.

**Approved by School Council 19/6/2018**