



# *St Joseph's Catholic School*

*Queenstown*

## **HEALTH & WELL BEING POLICY** (Incorporating the Healthy Foods Policy)

**This policy applies to all students in all grades**

### **RATIONALE**

Healthy nutritional habits are essential to the growth and development of children.

### **AIMS**

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

### **PROCEDURES**

- The development of an appreciation of healthy foods and healthy eating habits forms part of our Health Curriculum. Explicit teaching about healthy eating and the benefits of physical activity
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health and Physical Education curriculum studies.
- At least once a year the whole school will focus on a healthy foods and healthy eating theme.
- All students will have access to active play equipment during recess and lunch breaks.
- The school will promote active after school programs in the weekly newsletter.
- All students and staff will break for 'fruit and water' for 10 minutes during the day.
- Students will be encouraged to participate in lunchtime sport activities run by the Student Representative Council (SRC).
- The school will involve itself in local strategies designed to raise awareness of, and to promote healthy foods and healthy eating e.g. the engagement of a health professional to speak with children on such matters or promotions such as dairy industry promotions.
- The school canteen will promote healthy eating through working with the Tasmanian School Canteen Association.

- Healthy food and drinks will be available at all school activities such as camps.
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- Staff members are encouraged to model healthy eating habits whilst at school or at school functions.
- Catered school functions will be required to offer at least three healthy options and restrict the amount of 'occasional foods'.
- Students are encouraged to have their own water bottles with them at all times during the day and to fill them with water as required.
- Students are not permitted to have sweet drinks during class time. Only water is permitted for drinking during class time.
- Staff members are to inform the Principal of students who appear to be provided with inadequate lunches.
- Occasional foods are limited in the wider school environment. This includes fundraising, BBQ's, sporting events, excursions and other special events.
- Staff members, support staff (such as social workers, speech pathologists etc) and visiting performers or guest speakers are not permitted to provide students with sweets or other related occasional foods.
- All students at all year levels will receive at least two hours of timetabled physical activity per week.
- The school will promote walking or riding through a whole school activity at least one day per term.
- Families of the school will be informed of the school's healthy eating and physical activity policies and initiatives, and provided with information to assist them support the initiatives.

*This policy and associated practices will be reviewed as part of the St Joseph's Catholic School policy review cycle.*

**Implemented February 2006; Modified December 2010**