








# Move Well Eat Well

## MONTAGU BAY PRIMARY SCHOOL Move Well Eat Well Policy

- Aim:** To promote the health and wellbeing of students and the whole of school community by making healthy eating and physical activity a regular part of every day.
- Rationale:** Our school recognises that the whole of school environment can help students develop healthy habits to live, learn, grow and play.
- Relevance:** This policy is relevant to staff and families. Our school recognises that this policy underpins practice. To keep it relevant and current this policy is reviewed every 2 years.

	Policy	Strategies
HEALTHY EATING AND DRINKING	 <p>TAP INTO WATER EVERYDAY</p>	<ul style="list-style-type: none"> <li>All students are encouraged to drink water throughout the school day, especially during PE.</li> <li>Children can bring 'water only' water bottles to class and all learning opportunities.</li> <li>Water bottles can be refilled as needed.</li> <li>All classrooms are 'water only' zones. Sweet drinks are not permitted during class time.</li> </ul>
	 <p>PLANT FRUIT &amp; VEG IN YOUR LUNCHBOX</p>	<ul style="list-style-type: none"> <li>All students are encouraged to eat fruit and vegetables while at school.</li> <li>Classrooms have a daily fruit and vegetable break.</li> <li>Fruit and vegetables are promoted for inclusion in lunchboxes.</li> <li>Posters are displayed around the school relating to healthy lunches and physical activity.</li> <li>Students are encouraged to have 'Nude Food' lunch boxes which limits packaged and processed foods.</li> </ul>
	 <p>LIMIT SOMETIMES FOODS</p>	<ul style="list-style-type: none"> <li>Our school canteen meets a gold level of accreditation by the Tasmanian School Canteen Association.</li> <li>Staff are not to use 'sometimes' foods as rewards in class.</li> <li>'Sometimes' foods are limited in the wider school environment and the school community is encouraged to limit 'sometimes' foods. We limit 'sometimes' foods on special occasions and we encourage our fundraisers to focus on healthy fundraising ideas.</li> </ul>

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PHYSICAL ACTIVITY, SCREENS AND SITTING	 <p><b>MOVE, PLAY AND GO</b></p>	<ul style="list-style-type: none"> <li>• Two hours of physical education is timetabled for all students. We provide the opportunity for a 40 minute specialist PE lesson, two 20 minute student lead fitness sessions and class teacher lead fitness sessions to the equivalent of 40mins per week. Kindergarten students engage in daily fitness activities with their classroom teacher.</li> <li>• All students have access to organised sports teams and are encouraged to participate in team sports.</li> <li>• Students have the opportunity to walk part way to school with supervising teachers one morning a week.</li> <li>• We develop partnerships with local community sports and physical activity organisations to promote student participation during and out of school hours and community sports participation.</li> <li>• We have special health focussed days for the whole school timetabled.</li> </ul>	
	 <p><b>TURN OFF, SWITCH TO PLAY</b></p>	<ul style="list-style-type: none"> <li>• At break times a system is in place to provide regular access to play equipment that encourages physical activity.</li> <li>• The school playground has been marked out to accommodate games such hopscotch, four square, basketball, netball, soccer and football. Portable goals and markers help to divide the playground into sections.</li> <li>• A loose parts play, mud kitchen and natural play area has been established where students are able to run, climb, dig etc.</li> <li>• Early childhood play equipment in our school encourages active play, such as tunnels, frames, bikes and push along cars.</li> </ul>	
	 <p><b>STRIDE AND RIDE</b></p>	<ul style="list-style-type: none"> <li>• All students are encouraged to participate in an age-appropriate activity at least once a term, that promotes walking or riding, either to school or other places. We have a minimum of four whole school activities involving walking, running and bike riding per year. We encourage our parents and younger siblings to participate.</li> <li>• Staff will be encouraged to promote this message by participating in our whole school activities.</li> </ul>	
HEALTHY SCHOOL	 <p><b>HEALTH PROMOTING SCHOOL</b></p>	CURRICULUM	<ul style="list-style-type: none"> <li>• A health and wellbeing curriculum is delivered to all year levels K – 6, which includes explicit teaching about healthy eating and the benefits of physical activity. We have a specialist teacher employed 0.2 to provide classes with explicit teaching in the principles of Move Well Eat Well and Respectful Relationships (alternating bi-annually).</li> </ul>
		FAMILIES	<ul style="list-style-type: none"> <li>• Our families and new staff are informed about this policy and are provided with regular information to support physical activity and healthy eating.</li> <li>• Information, ideas and strategies to promote healthy eating and physical activity are provided regularly in the newsletter and in school displays.</li> <li>• Information about local community sports, clubs and recreational opportunities are regularly provided to parents and for ease of access we will allow sports clubs to use our facilities.</li> </ul>

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School Principal name: <i>Cathy Young</i>	School Association President name: <i>Sarah Castley</i>
Signature: <i>Cathy Young</i>	Signature: <i>Sarah Castley</i>
Date: <i>7-11-19</i>	Date: <i>7-11-19.</i>