



## Healthy Eating & Exercise Policy

### Goal:

To promote good nutritional and physical health and encourage the adoption of healthy eating and physical exercise behaviors through the provision of a supportive school community and environment.

### Objectives:

- To provide a supportive school environment that encourages good nutritional health and healthy eating behaviours in students,
- Increase the availability of healthy food choices on the school lunch menu,
- To demonstrate food safety and hygiene practices in preparation, storage and serving of food,
- To provide opportunities for students to participate in a variety of physical activities,
- To improve student's fitness levels.

### Strategies:

1. To provide a supportive school environment that encourages good nutritional health and healthy eating behaviours in students:

- Ensure the school healthy lunch menu offers affordable nutritional food choices.
- Ensure teachers have access to up to date nutrition information and resources.
- Incorporate nutrition education into the school curriculum where possible.
- Parents to receive nutrition information via school newsletter.
- Healthy eating posters will be displayed in classrooms and around school.

2. Increase the availability of healthy food choices on the school lunch menu

- Ensure existing school menu includes healthy food choices.
- Where possible products from the WA School Canteens Association Star CAP registers products database will be used.
- The number of "AMBER" light foods to be restricted.
- Food choices will consider the dietary needs of children with special health requirements and/or allergies.

3. To demonstrate food safety and hygiene practices in preparation, storage and serving of food:

- A file containing information on food storage and hygiene practices will be available and accessible to all staff and parents in the preparation of food for school children.
- Lunch delivery times to the school should be as close as possible to the beginning of lunch time.

4. To provide opportunities for students to participate in a variety of physical activities

- Promote in school and out of school physical activities
- Invite different sporting groups to the school to share skills with students

- Participate in special events such as Jump Rope for Heart, Take the Challenge
- Ensure physical education lessons cover a variety of sports
- Endorse the participation of all students in faction events

5. To improve student's fitness levels.

- Ensure physical education is timetabled for at least 2 hours per week
- Include a Perceptual Motor Program in Early Childhood Centre
- Provide equipment for student use during recess and lunch