

MOVE WELL, EAT WELL



Policy Area 1: Healthy drinking choices



Rationale

- Water provides hydration for improved concentration and learning outcomes.
- Many children are choosing sweet drinks on a regular basis.
- Sweet drinks contain a large amount of sugar.
- Sweet drinks are linked to tooth decay and are a significant risk factor for being overweight and obese.

Aim

To promote healthy drink choices by making access to drinking water easy and “the norm” and removing competing sugar drinks from the classroom. Tap water and plain, reduced fat milk are the best drink choices and ideally enjoyed every day at school

Actions

Children will be able to access water throughout the day. ***During class time, children will only be permitted to drink water from drink bottles, the drink fountain or cups using tap water. The staff will encourage children to drink water at all other times.*** We encourage children to bring clear drink bottles to school for use in class where possible.

This policy will apply to all children from Kinder to Grade 6. Through the curriculum teachers will regularly discuss the importance of water and structure activities around the positive effects of water and other healthy eating choices.

Staff will be encouraged to promote this message by modelling healthy drink choices. Children and parents will be educated about the positive effects of choosing water over sweet drinks through the curriculum, newsletters and community events as appropriate.

Regular newsletter inserts will include information and facts from a range of resources including Move Well Eat Well resources and about the positive effects of drinking water. This will reach children, parents and the wider school community.

School based community events/functions will serve water as an option.

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Policy Area 2: Healthy eating choices



Rationale

- Healthy eating provides the vitamins, minerals, energy and brain food required for successful learning.
- Australian children and adults are recommended to eat two serves of fruit and five serves of vegetables each day.
- On average, children are eating only 50% recommended fruit intake and 30% recommended vegetable intake.
- Sugar overload can make it difficult for children to sustain concentration and learning.
- When children fill up on “occasional” foods such as chips, lollies, biscuits, cakes and high sugar drinks, instead of everyday foods such as fruit and vegetables, they can miss out on vital nutrients for growth and development.
- A national study found that 40% of children’s energy intake is from “occasional” foods and drinks. This is 2-3 times the recommended level.
- Researchers have found that over 90% of children have “occasional” food in their lunch boxes, with the amount averaging three serves on any one day.

Aim

To promote healthy eating choices by providing an explicit opportunity for children to model eating fruit or vegetables at school. To restrict lollies at school, and to minimise the amount of other “occasional” food in lunch boxes.

Actions

Children will have a short fruit and vegetable break at approximately 10am, where they will be able to eat fruit or vegetables in class while continuing with their work. At lunch and recess time, 15 minutes will be allocated for supervised eating in the classroom to ensure children are eating packed lunches or canteen orders before going out to play. **Lollies will not be permitted at school.**

This policy will apply to all children from Kinder to Grade 6. Through the curriculum teachers will regularly discuss the importance of water and structure activities around the positive effects of water and other healthy eating choices.

Staff will be encouraged to promote this message by modelling healthy eating choices. Children and parents will be educated about the positive effects of choosing a balanced diet, eating enough fruit and vegetables, and limiting “occasional” foods through the curriculum, newsletters and community events as appropriate.

Regular newsletter inserts will include information and facts from a range of resources including Move Well Eat Well resources and about the positive effects of a balanced diet. This will reach children, parents and the wider school community.