



The Lakes South Morang P-9 School

Go For Your Life Policy

Kids - 'Go for your life'

Healthy primary schools

Rationale:

- Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. Our school community can help students develop healthy habits to live, learn, grow and play.

Aims:

- To promote student wellbeing by making healthy eating and physical activity a regular part of every students day.
- To recognise that every member of the school community impacts on students' health and can contribute to creating an environment that promotes healthy eating and physical activity.
- To promote the 'Go for your life' philosophy at The Lakes South Morang P – 9 School.

Implementation:

- **The school has a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity.**
 - Students are encouraged to bring water bottles to school. They are easily accessible during class time and are taken to physical education lessons.
 - All students receive a school drink bottle on enrolment.
 - Only water is permitted for drinking in classrooms.
- **The school has a strategy in place to encourage all students to eat fruit and vegetables every day at school.**
 - Students on both campuses are encouraged to graze on 'brain food' throughout the day. This is further facilitated on the Early Years Campus every day by providing students with a set time to eat their brain food.
- **Confectionery and high sugar drinks such as soft drinks, energy drinks and flavored mineral waters are excluded from the canteen.**
 - Our school canteen follows the Kids 'Go for your life' guidelines.
 - High sugar drinks and confectionary have been removed from the canteen and lunch order services.
 - Staff do not use food as rewards.
 - Fundraisers that include sweet food are limited.
 - P – 4 students receive cut up fruit every Friday as part of the 'Free Fruit Friday' program.
- **Play equipment that encourages physical activity is made available to students at lunchtimes and during other breaks**
 - Sports equipment is available for borrowing from learning pods to all students at recess and lunchtime.
- **The timetabling of physical and sport education and physical activity is consistent with relevant education sector requirements.**
 - P – 4 students have 130 minutes of physical activity per week.
 - 5 – 6 students have 290 minutes of physical activity per week.
 - 7 – 8 students have 145 minutes of physical activity per week.

- The schools Before and After school care program is based in the gymnasium on the Early Years Campus which facilitates and promotes active lifestyles.
- The new school grounds include play equipment, hard court areas and grassed ovals. Hard court areas include basketball courts, hopscotch and four square courts.
- **The school promotes walking and/or riding.**
 - Kilometre club runs every Wednesday. Parents are encouraged to participate with their children.
 - Twice a week students participate in fitness activities. One aspect of this is running/walking laps of the school.
 - All students are actively encouraged to participate in whole school activity days such as Athletics.
 - Walking and riding are used as transport to camps in local area.
 - Students regularly attend local walks.
 - Students regularly walk between campuses (800m).
 - The school promotes walking and riding through being a ‘Travel Smart’ school and through holding walk/ride to school days.
- **Families are informed of healthy eating and physical activity policies and provided with information to assist them to meet policy requirements.**
 - Families and community members are kept up to date via newsletter inserts.

Evaluation:

- This policy will be reviewed as part of the school’s three-year review cycle.

This was endorsed by the School Council on Tuesday November 18th 2008