THE LAKES SOUTH MORANG COLLEGE
HEALTHY TOGETHER ACHIEVEMENT PROGRAM

Rationale:
- The Lakes has adopted the Healthy Together Achievement Program to promote health and wellbeing incorporating the integration of physical, social, emotional and cognitive aspects of development. Wellbeing includes good physical health, feelings of happiness, satisfaction and successful social functioning.

Aims:
- To actively promote the health and wellbeing of students, staff and community
- To link health and education through the curriculum and school culture
- To empower students to take action on health and wellbeing
- To provide a safe and supportive environment for staff, students and families
- To promote respect, fairness, equality and belonging
- To integrate health into day-to-day activities and planning
- To work collaboratively with staff, families, children and young people
- To develop partnerships between schools, early childhood education and care services, sport and recreational clubs, the local community and health organisations
- To seek continuous improvement through ongoing monitoring and evaluation
- To promote the ‘Healthy Together’ philosophy at The Lakes South Morang College.

Implementation:
- The Health and PE PLT will identify certain areas of health and wellbeing in the school to be the focus over a three year period of time and implement strategies to promote the chosen priority areas.
- The Healthy Together program will be regularly reviewed by the Health and PE PLT with a focus on continual improvement in supporting the needs of the school and the wider community.
- The Lakes South Morang College community will be informed of all Healthy Together priority area updates and information will be promoted via the newsletter, on the school website and as Facebook information feeds.

The Healthy Together key priority areas include:
Healthy Eating:
- All students are encouraged to bring water bottles to school and to drink water throughout the school day, especially during physical activity.
- High sugar drinks, such as soft drinks and energy drinks, are excluded from the canteen and are discouraged as a drink of choice.
- All students are encouraged to bring brain food to school and are able to graze on fruit and vegetables throughout the day.
- Our school canteen provides healthy eating options for students and staff. Confectionary is discouraged

Physical Activity:
- The timetabling of physical and sport education and physical activity is consistent with relevant education sector requirements.
- Prep students have one 30 minute session of PMP a week.
- P – 4 students have 60 minutes of a scheduled physical activity per week
- 5 – 6 students have 120 minutes of combined Health Physical Education & Sport.
7 – 9 students have 120 minutes of Physical Education per week and are involved in regular sport and training programs.

Resources are provided on both Campuses to support and encourage ongoing physical activity throughout the day:
- Kelly Sports and school based after school sport programs are offered to Early Years students.
- Kilometre club runs each week.
- All students are actively encouraged to participate in whole school activity days.
- The school promotes walking and riding through being an ‘ActiveTravel Network’ school and through holding walk/ride to school days.

Facilities are provided on both campuses to support and encourage ongoing physical activity throughout the day.
- Sports equipment is available for borrowing from Early Years learning pods to students at recess and lunchtime.
- An outdoor fitness centre has been installed on both campuses for students to be active at recess and lunch.
- Turfed outdoor areas are available for students to be physically active on.
- Middle Years lunchtime fitness clubs run during lunch time throughout the week.

Sun Smart:
- We regularly reinforce SunSmart behaviour in a positive way through MY and EY assemblies, newsletters, parent meetings, student and teacher activities.
- Programs on skin cancer prevention are part of the Health curriculum in Middle Years and is covered in appropriate units of work on Early Years, including the Life Ed Van, to raise student awareness to the dangers of over-exposure to the sun.
- NO HAT NO PLAY rule- Students without a hat are to stay within specified shaded areas (Early Years) during Terms 1 and 4
- Students will be required to wear school approved hats during Terms 1 and 4 whenever they are outdoors. (Early Years)
- Students without appropriate sun protective clothing are encouraged to stay in specified shaded areas. (Middle Years)
- Staff and parents are expected to act as role models by practising Sun Smart behaviour.
- We encourage protective clothing, hats and sunscreen to be worn during high risk times such as lunch times, sports, camps and excursions.

Mental Health and Wellbeing
- Middle Years students receive 60 minutes of Health and Personal Learning (HPL) to enhance their social skills, mental well-being, physical health and sense of community.
- Early Years students receive two half hour sessions of PATHS (Promoting Alternative Thinking Strategies) to support students’ social and emotional development.
- Students have access to specially trained staff to address mental health, wellbeing and safety issues.
- A specific focus on tobacco, alcohol and sexual health is addressed via Health and Personal Learning curriculum in Years 5 – 9 and in Health classes and the Life Ed Van sessions in years P – 4.
- Taking a healthy lifestyle approach is regularly highlighted in Home Group sessions, via articles in the newsletter, the website and as part of Facebook feeds

Evaluation:
- This policy will be reviewed biannually.

This policy has been endorsed at School Council 30/10/2018.
The Lakes South Morang College Child Safety Statement:
To thrive, children need a safe and supportive environment at school, at home and in the broader community; no exceptions. At The Lakes South Morang College, we believe meeting the physical and emotional needs of our students is paramount in laying the foundations for a fulfilling future. We pledge to provide an environment that has zero tolerance to child abuse and will strive to work in partnership with our parents and community members to keep our students safe every day, in every way.