Rationale:
For children, healthy nutritional and physical habits have a positive and long lasting impact on children’s growth, development and health. In addition, healthy eating and physical activity will maximise a child’s concentration and ability to learn. The school environment has a significant influence on children and their families.

Aims:
• To develop within students an informed appreciation of healthy eating and exercise habits.
• To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
• To ensure that children are provided with the opportunity to partake in physical activity at school.
• To educate families about Healthy Lifestyle practices.

Implementation:
• The development of an appreciation of healthy foods, healthy eating habits and regular physical activity form part of our Health Promoting School strategy.
• Lessons relating to healthy foods, healthy eating, benefits of regular physical activity and less screen time will form part of each child’s annual Health & Physical Education curriculum studies in line with VELS standards.
• All students will participate in Department of Education’s mandated times for physical and sport education. Years Prep – 3: 20–30 minutes of physical education a day. Years 4 – 6: three hours per week of physical education and sport with a minimum provision of 50 percent of physical education.
• All students will have regular access to play equipment at breaks.
• The canteen will promote and provide a good selection of nutritious, tasty and attractive foods consistent with the Kids-‘Go For Your Life – Healthy Canteen Kit’ and Department of Education policy. This will ensure that confectionary, soft drinks, energy drinks and flavoured mineral water will not be sold.
• Occasional foods (red category) will not be provided by the canteen more than once per term.
• Children are actively encouraged to bring healthy lunch boxes and snacks to school.
• Parents are given information about healthy lunch boxes for children.
• Healthy foods and drinks will be available, where possible, to all students at activities such as sporting events, camps and excursions.
• The school will ensure that a supply of drinkable water is available at the school at all times.
• Staff members will be encouraged to model healthy lifestyles whilst at school.
• Food and lollies are not used in the class or school as a reward.
• Students will have access to their own water bottles during class lessons, and have permission to eat fruit/vegetables (Brain Food) during the first two hour learning session, unless it is deemed by the classroom teacher to be inappropriate to do so.
• Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lollies.
• Staff are to inform the principal of students who regularly appear to be provided with inadequate lunches and those who appear not to be having breakfast.
• Appropriate healthy lifestyles (diet, physical activity and limited screen time) will be promoted with flyers, displays and information in the newsletter.
• Parents of children with medical conditions will inform the school of their special dietary needs.
• In the case of food allergies, the parent must inform the school. If necessary the school will take on an exclusion policy of that food eg peanuts.
• Students will be encouraged to walk or ride to school where safe and appropriate.

Evaluation:
• This policy will be reviewed every two years.

This policy was last ratified by Portland Primary School Council in... November 2009