**GO FOR YOUR LIFE POLICY**

**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.

**Aim:**
To promote the health and wellbeing of students by making healthy eating and physical activities a regular part of every child’s day.

**Whole School:**
It is recognised that every member of Wattle Park Primary School community impacts on children’s health and can contribute to creating an environment that promotes healthy eating and physical activity. All members of our school community including staff, students, parents and volunteers will be supported to meet this policy.

**PURPOSE:**
1. Drinking water instead of sweet drinks provides hydration for concentration and learning, and promotes healthy teeth and healthy weight.
2. Being physically active promotes many benefits including increased fitness, coordination and motor skills, confidence, self-esteem and learning.
3. Fruit and vegetables provide essential nutrients for healthy eyes, skin and hair and protect against many diseases. This is supported through our school’s vegetable garden program.
4. Less screen time means more time for children to develop physical, social and emotional skills through play and socialisation.
5. Reducing a child’s intake of ‘sometimes’ foods is important in maintaining a healthy weight, preventing tooth decay and in encouraging life-long healthy eating habits.
6. Walking and riding to the school is a great way to be active and to spend valuable time with family. Fewer cars on the road is also better for the environment and makes the roads around WPPS safer.

**IMPLEMENTATION GUIDELINES:**
1. Provide access for all students to drink from water fountains and the opportunity to drink from ‘water only’ drink bottles during class and physical education.
2. Promote the inclusion of fruit and vegetables and healthy items in lunchboxes.
3. The canteen will not sell soft drinks, confectionary or fried food and abide by the Department of Education and Early Childhood Development School Canteen Policy.
4. Provide equipment for all students to access during recess and lunch times.
5. Facilitate 100 minutes of Physical Education for Prep to 2 students. Facilitate three hours a week of Physical Education for 3-6 students.
6. Encourage students to walk and ride to school.

**Evaluation:**
This policy will be reviewed every three years and in accordance with the Department of Education policies. Next review date is Term 4, 2012.

**WRITTEN:** – 11 November, 2010

**REVIEWED:**-

**RATIFIED BY SCHOOL COUNCIL:** 24 November, 2010