

FEBRUARY 2025

Move Well Eat Well Policy

Bagdad Primary School

Move Well Eat Well



- Aim:** To promote the health and wellbeing of students and the whole of school community by making healthy eating and physical activity a regular part of every day.
- Rationale:** Our school recognises that the whole of school environment can help students develop healthy habits to live, learn, grow, and play.
- Relevance:** This policy is relevant to staff and families. Our school recognises that this policy underpins practice. To keep it relevant and current this policy is reviewed every 2 years. Unless otherwise stated, this policy applies to all students at all year levels.

Healthy Eating

Tap Into Water:

- All students are encouraged to drink water throughout the school day, especially during PE.
- Children can bring 'water only' water bottles to class and PE.
- Water bottles can be refilled as needed.
- Children are reminded to drink water throughout the day.
- All classrooms are 'water only' zones. Sweet drinks are not permitted during class time.
- Our school also promotes water through newsletters, access to multiple drink fountains, and posters throughout the school.
- Water bottles are available on class trolleys at recess and lunch outside classroom doors.

Plant Fruit and Veg in your Lunchbox:

- All students are encouraged to eat fruit and vegetables while at school.
- Classrooms have a daily fruit and vegetable break at 10:00am each day and staff allow students to have access to fruit or veg when they are hungry anytime during the day.
- Fruit and vegetables are promoted for inclusion in lunchboxes. Our school does this by using fruit platters as rewards and sharing via social media, information in the newsletter and on Facebook.

- Our school encourages healthy eating behaviours in a positive, relaxed, and social environment.
- As rewards we provide fruit platters to winning classes for assembly, school uniform and sticking to fruit and veggies in class.
- Fruit is purchased through breakfast club (provided 5 days per week). Additional fruit is taken to all classes at least 3 times per week for students to eat throughout the day.

Limit 'Sometimes' Foods:

- Our school canteen meets the level of Gold Accreditation and had the menu assessed by the Tasmanian School Canteen Association in September 2024. We offer lunch orders on Wednesdays only.
- Staff are encouraged to not use 'sometimes' foods as rewards in class.
- 'Sometimes' foods are limited in the wider school environment and the school community is encouraged to limit 'sometimes' foods. Our school does this by limiting the number of BBQs and if offering a BBQ also offering other food alternatives, running fundraisers that are not focused on food but on fun events and other non-food stalls.

Physical Activity, Screens and Sitting

Move, Play, and Go:

- Two hours of physical education/education is timetabled for all students. Our school does this by providing daily fitness each morning from 8:55am to 9:15am and offering two 45-minute PE lessons per week which provides students a total of 3 hours and 10 minutes of timetabled activities per week.
- Free and creative active play is part of the daily curriculum and spread throughout the day for all classes.

Turn Off, Switch to Play:

- At break times a system is in place to provide regular access to play equipment that encourages physical activity. Our school does this by providing all classes their own bag of outdoor equipment and offering lunchtime activities run by staff that include soccer games and scooters.
- Screen-based activities are predominantly used for educational purposes. Recreational screen-use is limited to break times on wet weather days only. In addition, alternative activities are offered and encouraged on wet weather days such as games in the hall.
- Our school takes measures to break up long periods of sitting by providing energizers during class time and bonus Physical Activity sessions at the end of the day.

Stride and Ride:

- All students are encouraged to participate in an age-appropriate activity at least once a term, that promotes safe walking or riding, either to school or other places. Our school does this by offering a whole of school scooter days for students to bring their scooters to school.

Healthy School

Health Promoting School:

Curriculum

- A health and wellbeing curriculum is delivered to all year levels K – 6, which includes explicit teaching about healthy eating and the benefits of physical activity.

Families and Staff

- Our families and new staff are informed about this policy and are provided with regular information to support physical activity and healthy eating.
- The school has a family-friendly approach in the birth to 4 years programs and has a welcoming attitude to breastfeeding.
- Staff are encouraged to model healthy eating and physical activity practices across the whole school environment. Our school does this by choosing 'everyday' foods for catering ordered for staff PL days. Staff sit with students during in mealtimes and role model by drinking water and eating 'everyday' foods.

Principal – Phil Novak

Date:

School Business Manager – Tania Oates

Date:

School Association Chair – Rachel Corneilus

Date: