



PEG'S CREEK PRIMARY SCHOOL

Rationale

Health promoting practices such as healthy eating, physical activity and sun protection are fundamental to good health and contribute to lifelong health and wellbeing. For children, they contribute to improved learning and concentration; better behaviour; prevention of disease; healthy growth and weight.

Our policy aims to:

- Create better learning outcomes, that encourage life-long behaviours in health and well-being for students and staff
- Provide a safe, stimulating and fun place to learn, work and play
- Nurture a sense of pride and commitment where students, teachers/staff, parents/caregivers, health professionals and community groups collaborate to create and maintain a healthy school community
- Increase awareness in the school community of the benefits of eating healthy food, being physically active and protecting against the sun's rays
- Educate staff, students and the school community about sun protection by using online learning workshops available on the SunSmart website: www.GenerationSunSmart.com
- As an endorsed Crunch&Sip School, encourage all students and teachers to participate in a daily Crunch&Sip® break (For information go to the Crunch&Sip® website: www.crunchandsip.com.au)
- Work towards the National Quality Standards which directly relate to Health and Wellbeing.
- Support staff Health and Wellbeing.
- Align with School Community Partnership with SDERA.

Inclusion of this policy is a requirement of the Crunch&Sip program

Inclusion of this policy is a requirement of the SunSmart program

Our Commitment

Supportive Practice

Peg's Creek Primary will incorporate **health and wellbeing** concepts into school activities by providing:

- New staff inducted into policy and processes.
- Provide regular professional development opportunities for teachers and other staff.
- Ensure there is regular physical activity and good nutrition sessions during teaching periods for years K-6. (PE, morning fitness, sport, health curriculum)
- Develop physical activity opportunities that are in line with national guidelines* (2 hours per week)
- Establish with staff, parents and student's suitable food and drink that match with the Dept. Of Ed. Healthy Food and Drink Policy. (notify parents via newsletter, take home packages or website)
- Encourage food-centred activities that are healthful, enjoyable and developmentally appropriate** (Biggest Morning Tea, Camp fundraising) Staff to Display Australian Guide to Healthy eating on classroom fridge.
- Review and develop activities that will give students the skills to make healthy eating and physical activity choices for themselves (all teachers to display Australian Guide to Healthy Eating posters on classroom fridges)
- Offer parents the opportunities to participate in school based healthy eating and physical activities
- Incorporate Sun safety education as part of the curriculum for years PP-6.
- (generationsunsmart.com- sunsmart resources, plus online learning program for students in year 5 and above, myuv.com.au)
- Cancer Council website also has resources.
- Individual teachers to establish a set time for a Crunch&Sip® break in most/ all classrooms each day (*a list of permitted foods for Crunch&Sip® breaks is available at www.crunchandsip.com.au*) (Ask Sarah.H for more information on classroom challenges or Crunch&Sip monthly challenges)
- Take the Challenge is an optional health program that could be incorporated into classroom learning plans. *Take the challenge@health.wa.gov.au*- This program is endorsed by DET and Australian Curriculum aligned.

*Physical Activity recommendations from Commonwealth of Australia, Department of Health and Ageing

**Dietary guidelines for Australian children and adolescents

Supportive Environment:

Pegs Creek Primary will nurture an environment where students will receive consistent messages about health and wellbeing by:

- Motivate and support staff to achieve quality outcomes for students for the students' health and wellbeing, e.g. assigning a school Health and Wellbeing Coordinator.
- Encourage students to eat breakfast before attending school and/ or providing an economically sustainable school breakfast club
- Encourage and support parents/ cares to ensure their children eat healthy, varied lunches, snacks and treats at school and encouraging them to reinforce healthy eating practices at home
- Provide clean, safe and accessible drinking water available for Crunch&Sip® and reminding students drink and to refill their water bottles throughout the day
- Provide information to parents and staff about the Crunch&Sip® and SunSmart programs, e.g. through newsletters; information evenings; the school website; Facebook; during student enrolment; in the school policy and procedures manual
- Require students to wear sun protective clothing, including sun protective hats (broad-brimmed, bucket and legionnaire style) for all outdoor activities as appropriate. Encouraging staff and school visitors to do the same
- Ensuring that school uniform requirements incorporate sun protective elements such as shirts with collars and longer sleeves, longer style shorts and rash vests for swimming
- Providing shade and ensure that, where possible, outdoor activities take place in shade and are scheduled away from peak UV times- preferably when the UV index is below 3
- Health and Physical Education staff (Sarah Hamilton) to conduct and audit on school sun cream to ensure all classrooms, specialist and staff room have sunscreen that is a minimum SPF 30+ water resistant broad spectrum sunscreen
- Establish role models within the school community through:
 1. Wearing appropriate clothing and hats broad brimmed hats while on duty and at other outdoor activities
 2. When appropriate, being seen consuming fruit, vegetables and water to reinforce the Crunch&Sip® message

3. The support of P&C fundraising initiatives that uphold the principles of healthy eating and physical activity
 4. Canteen- Supports and strives for excellence in accordance with Australian Canteen Guidelines. For Traffic Light System. Currently aiming for above 65% green to amber products. Actual current achievement: 90% above green.
- Actively encouraging students to apply minimum SPF 30+ water resistant broad spectrum sunscreen before commencing break time or participating in outdoor activities.
 - Encouraging all students to eat a piece of fruit or vegetable in the classroom daily during the designated Crunch&Sip® break and drink water from their own bottle throughout the day
 - Actively find ways to provide fruit or vegetables for Crunch&Sip® for students who do not have access to them, e.g. seeking donations of produce from Foodbank or local retailers; allocating available funds to purchase fruit and vegetables

Supportive Partnership:

Pegs Creek Primary will actively seek opportunities to form partnerships with parents/carers; community groups, health service professionals and agencies to achieve the aims outlined in our **Health and Wellbeing Policy**.

- **Walking Wednesday**
- **Sun smart**
- **Crunch& sip**
- **Population Health- dietician, school nurse**
- **Foodbank- Food sensations – also supports our breakfast club.**
- **P&C volunteers**
- **Fresco**

Our team

Pegs Creek Primary will form a small team to implement our Health and Wellbeing Policy

Teacher representative – **Sarah Hamilton**

Student - **Prefects**

Parent- **Luh Bern (Canteen Manager)**

Other – **Shiona Hobart- Principal**

Evaluation:

At the end of each school year, **Staff and student reps** will review our **Health and Wellbeing Policy** to:

- identify our achievements and shortfalls
- recommend a course of action for the forthcoming year
- allow parents and staff to provide comment

DATE**SIGNED**

Websites:

www.crunchandsip.com.au

Crunch and Sip

<http://www.eatforhealth.gov.au/>

Australian Dietary Guidelines

<http://www.generationsunsmart.com.au/>

SunSmart

<http://www.cancerwa.asn.au/prevention/sunsmart/>

Cancer Council WA