



# WALPOLE PRIMARY SCHOOL

## Healthy Lifestyles Overview 2016

### Rationale

The World Health Organisation (1998) defines a health promoting school as 'a school that is constantly strengthening its capacity as a healthy setting for living, learning and working'.

Walpole Primary School promotes student health and physical activity through Health and Physical Education curriculum lessons, the provision of healthy food and drinks that meet or exceed the minimum standards and a whole school approach to teaching social-emotional skills. These practices are fundamental to good health and contribute to lifelong health and wellbeing for our students, improving their learning and concentration; behaviour; the prevention of disease and mental health issues and healthy growth and weight.

Our school is committed to helping our students achieve these aims through:

- Increasing awareness in the school community of the importance of healthy minds, healthy eating and physical activity
- Create learning opportunities that will promote health and well-being for students;
- Provide a safe, stimulating and fun environment to learn, work and play;
- Nurture a sense of pride and commitment where students, staff, parents, health professionals and community groups collaborate to create and maintain a healthy school community.

All actions at Walpole PS reflect Education Department Policies and Guidelines.

[Department of Education Healthy Food and Drink Policy: Physical Activity in Schools: Mental Health](#)

### Implementation

Walpole PS will incorporate health and wellbeing concepts into school activities by providing:

- Health Education in the curriculum, where students are explicitly taught about nutrition and healthy choices.
- Whole school approach to enhance students social skills and reduce bullying
- School chaplain to teach resiliency in classrooms and with small groups
- Daily fitness sessions
- Physical Education teacher to teach ball and game skills.
- Opportunities for physical skill development and participation through PE lessons and Faction and Interschool Carnivals.
- Natural play opportunities where students can create their own games and problem-solve using the environment and recyclable materials.
- A vegetable garden where students can grow healthy, natural foods and use these foods in their cooking.
- Aquaponics for environmentally sustainable food production.
- Chickens to provide eggs and use food scraps generated by the students.
- Healthy Wednesday Lunch where the fresh garden produce is used as the basis for a recipe. Mainly using foods that are highly nutritious (green rating) with some foods that have moderate levels of saturated fat, sugar and/or salt (amber rating).
- Crunch and Sip to promote healthy eating and hydration.
- Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions. Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.
- Sun Smart- no hat, play in the shade policy.
- Although P&C fundraising events are exempt from the requirement to use 'green' and 'amber' foods, healthy choices are encouraged.

These approaches will counter-act social habits that lead to obesity, bad food choice, ill-health later in life and sedentary habits.

Name of Document	Health Eating and Physical Activity Policy
Author	Chris Cook
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Revision History	

## Appendix

### Health Curriculum

At Walpole PS, Health is taught for at least an hour a week and may be integrated with other learning areas. The topics taught range from the food pyramid to puberty.

### Promoting Positive Mental Health

[Friendly Schools Plus](#) has been selected as the whole-school resource for developing mentally healthy students. It addresses different aspects of students' school experiences, peer and teacher relationships and social knowledge and skills. Five areas are covered including self-awareness, self-management, social awareness, relationship skills and social decision-making.

The school chaplain is able to visit classes and deliver messages about resiliency. School chaplains are responsible for supporting the spiritual, social, and emotional wellbeing of their students regardless of faith or beliefs. They may also withdraw a small group to participate in a [DRUMBEAT](#) program. DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts. Each DRUMBEAT session focuses on different relationship themes such as identity and social responsibility, values, dealing with emotions, peer pressure, harmony, communication and teamwork.

### Phys-Ed Teacher

Walpole PS employs a PE teacher one day a week to teach a variety of sport, dance and drama skills. These lessons are for 60 minutes but are supplemented by daily fitness activities each morning.

### Cross Country

During term 1, students begin to set goals to improve their ability to run over a long distance (1-2.4kms). With regular practice, they are then ready to participate in the School Cross Country held at the Country Club. Competitive runners from yr 3-6 are selected to run against other schools in the Interschool Cross Country held at East Manjimup PS.

### Winter Carnival

During term 3, the year 3-6 students participate in a winter interschool carnival competition in Pemberton. Games include netball, soccer and hockey.

## Athletics

Each year in term 3, the students begin to learn a variety of running, team and ball skills to enable them to participate in the carnivals held in term 4. The PE teacher explicitly teaches these skills and games, while the classroom teacher provides opportunities for practice during their fitness lesson.

The School Carnival is a whole-school event where children of all ages compete in a variety of events at the town oval. Families are encouraged to attend and the P&C may provide refreshments as a fundraiser.

The Interschool Carnival is held at Pemberton DHS and is attended by competitive year 3-6 students. Selected students have an opportunity to compete with other students at a higher level.

## Swimming

Swimming is a popular recreation activity in Walpole, with its lovely inlets and beaches. Swimming lessons provide an opportunity for students to learn and practice swimming and water safety skills as well as develop a positive attitude to towards safety in the water.

If swimming teachers are available, P-6 students at Walpole PS will engage in in-term swimming lessons at Peaceful Bay. These lessons will be coordinated by the In-term Swimming Coordinator based in Albany, and will be over 5 days. Teachers and Education Assistants will be responsible for the students to and from the pool. The swimming teachers have duty of care during the lesson times. School staff will be ready to assist when required.

The students from years 3-6 will participate in the Faction Swimming Carnival held at Albany or Manjimup pools, in term 4. There will be an opportunity for competitive and fun events, depending on the swimming stage reached by the student

Other water-based activities need to be carefully considered before implementing. Risks such as the environment, student capacity and capabilities and qualification of the

supervisors need to be considered. The [Outdoor Education and Recreation Policy](#) has more information.

### Nature Play

The school will continue to develop an opportunity for students to play in a natural environment. The children can use the edge of bushland within the school boundary to climb trees, build cubbies and create games. There will also be opportunities for students to play ball games, run and use built equipment. Materials will be reused to encourage exploration, creativity and problem-solving. Children will feel that they are able to play in large or small groups or on their own.

### Vegetable Garden

The vegetable garden and orchard are maintained by the students and school gardener. Parents are encouraged to help out. A variety of vegetables, fruit and herbs are planted and harvested. Children have the opportunity to learn how to grow and prepare their own produce.

### Aquaponics and Chickens

Marron, fish and vegetables are farmed in the aquaponic set up. Food scraps are collected and fed to the chickens. The eggs are collected by the students and used in their cooking. Students understand the importance of environmentally sustainable ways to farm.

### Healthy Wednesday Lunch

Each week, the garden is surveyed and harvested. Senior students select a recipe to produce for lunch on Wednesday. The AEIO helps students to prepare lunch which can be enjoyed by the whole school for a small donation.

Recipes will reflect the [Traffic Light](#) approach to healthy eating. Foods prepared will mostly be green, with some amber. (GREEN FOOD AND DRINKS are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ). AMBER FOOD AND DRINKS have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ). RED FOOD AND DRINKS lack adequate nutritional

value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ.)

The preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

### Crunch and Sip

The afternoon lessons are interrupted while students 'refuel' on a piece of fruit or vegetable and 'rehydrate' with water. This encourages healthy eating habits and improves student concentration. Students are able to continue working while they quietly 'Crunch and Sip'.

### Sun Smart

Students at Walpole PS are required to wear a hat when outdoors to avoid over-exposure to ultraviolet radiation. If they do not wear a hat, they are encouraged to play in the shade.