



# WALPOLE PRIMARY SCHOOL

*An Independent Public School*

## Healthy Eating and Physical Activity Policy

### 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 through healthy eating, physical activity and sun protection. 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; healthy growth and weight.

Our school is committed to helping our students achieve these aims and we have adopted a policy that will:

- Increase awareness in the school community of the importance of healthy eating and physical activity;
- Create learning opportunities that will promote 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.

### Procedures

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.
- Daily fitness sessions
- Opportunities for track and field skill development and participation through PE lessons and Faction and Interschool Athletic Carnivals.
- Opportunities for marathon skill development and participation through PE lessons and Faction and Interschool Cross-Country Carnivals.
- Opportunities for swimming skill development and participation through in-term swimming lessons and Faction and Interschool Swimming Carnivals.
- Active After School Activities to promote active lifestyles and belonging to a group.
- Play Pods where students can create their own games using 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.



## **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 social and emotional skills. *Friendly Classrooms First* has been selected as the whole-school resource for developing mentally healthy students.

### **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 at least 40 minutes but are supplemented by daily fitness activities each morning.

### **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 DHD and is attended by competitive year 4-7 students. Selected students have an opportunity to compete with other students at a higher level.

### **Winter Carnival**

During term 3, the year 4-7 students participate in a winter carnival competition in Pemberton. Games include netball, soccer and hockey.

### **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 4-7 are selected to run against other schools in the Interschool Cross Country held at East Manjimup PS.

### **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.

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 4-7 will be encouraged to participate in the Inter-School Swimming Carnival held at in term 1 at Mt Barker.

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.

### **Active After School Activities**

Walpole PS receives funding for Active After School Activities. Teaching staff coordinate various activities such as soccer, kayaking, basketball, netball, Little Athletics and sailing. Numerous parents and community members volunteer their time to coach the students. This is held after school for a seven week period.

### **Play Pods**

In 2013, the school created Play Pods for students to use during wet weather. These baskets are full of a variety of prompts such as microphones, dress ups and wooden off-cuts. This encourages children to play creatively, enhancing their willingness to take risks and cooperate with others.

### **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 Friday Lunch**

Each week, the garden is surveyed and harvested. A staff member selects a recipe to produce for lunch on Friday. After purchasing any ingredients not grown on site, a group of students is selected to help her prepare lunch. Students are willing to try a variety of foods such as broccoli salad and pumpkin soup. Students are charged a very reasonable price for their lunch.

Recipe tips for lunch boxes will be placed in the school newsletter. These will reflect the Traffic Light approach to healthy eating.

### **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.

### **Our Team/Committee**

Walpole Primary School have formed a small team to implement our ***Healthy Eating and Physical Activity Policy***. Our Team is comprised of: Teacher representatives from K-7 and the Principal.