

Rowville Primary School Health Promotion Policy

Purpose

To develop a whole school approach to promoting health and wellbeing. Positive peer pressure, within the education setting, can create a culture in which nutritious foods and a healthy lifestyle are actively chosen. This culture should permeate the entire school environment and can have an impact on choices made by students about food consumption when they are not at school.

A health-promoting school is a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health.

– *World Health Organization, 1996*

Guidelines

Parents, teachers and students will collaborate to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.

Implementation

1. Curriculum, teaching and learning:

The Stephanie Alexander Kitchen/ Garden program will be a vehicle for implementing curriculum that supports healthy food choices. Students will participate in growing food and cooking.

The teaching of health and fitness will occur routinely through the Health and PE program.

2. School organisation, ethos and environment:

The School canteen will offer a variety of nutritious foods with a regularly changing menu.

Students will be encouraged to bring a water bottle and hat to PE classes.

Classroom teachers will develop with students a way of celebrating birthdays that does not involve the bringing of bags of sweets, cakes or food to share with the class.

A Healthy Food Break time will occur each day and students will be encouraged to bring fresh fruit or vegetables.

3. Community links and partnerships:

Parents are encouraged to become part of the Stephanie Alexander Kitchen/garden program.

Parents are encouraged to volunteer in the canteen.

Evaluation

This policy will be reviewed as part of each school's three-year review cycle.