

Rowville Primary School Health Promotion Policy



DET International CRICOS Code - 00861K



Help for non-English speakers

If you need help to understand the information in this policy please contact Rowville Primary School on 9764-1955.

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, staff 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, with a focus on vegetables and fruit based recipes.

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

As part of the annual student leadership program, the Health and Wellbeing Parliamentarians will be supported to design, implement and evaluate a project each year, that promotes student health and wellbeing.

2. School organisation, ethos and environment:

The Health and Wellbeing Team will be supported to lead and implement initiatives that aim to enhance the whole school environment and culture, to contribute to positive student and staff health and wellbeing outcomes.

The school canteen will offer a variety of nutritious foods with a regularly evolving menu to increase 'green' (everyday) food options. The school canteen will place an emphasis on promoting 'green' food options to make them more appealing and accessible to all students. School grounds and the canteen will remain free from any advertising (including contractual advertising) of 'red foods' and their associated branding.

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.

Nutrition Week will be celebrated each year and promoted to students and their families. This will be coordinated by the Health and Wellbeing Team.

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.

Parents are encouraged to participate in the Health and Wellbeing Team and to volunteer as part of the Cooking Collective.

Partnerships will be sourced with relevant organisations and health professionals to support healthy eating and oral health practices where appropriate.

Evaluation

This policy will be reviewed as part of each school's three-year review cycle. The Health and Wellbeing Team will be consulted prior to each review of this policy.

Policy last reviewed	June 2022
Approved by	Rowville Primary School Council
Next scheduled review date	June 2025