



Watsonia North Primary School

Kids – 'Go for your life'

Healthy primary schools



WATSONIA NORTH PRIMARY SCHOOL

POLICY – “Kids Go for Your Life” – Walking/Riding to School

At Watsonia North Primary School we believe that walking and riding to school are great ways for children to increase their participation in physical activity as a regular part of every day.

PURPOSE:

- To increase students' participation in physical activity.
- To increase students' physical fitness.
- To improve road safety skills.
- To promote a sense of belonging at school and in the community.

GUIDELINES FOR IMPLEMENTATION:

- The school will conduct a whole school walk to school day each term.
- The benefits of walking to school will be highlighted in the Wednesday Weekly on a regular basis.
- Students will be encouraged to walk or ride to school where safe and appropriate.
- Walking to and from local excursions will be the preferred mode of transport where possible.
- The school will encourage the use of 'Walkathons' as fundraising activities.

POLICY – “Kids Go for Your Life” – Healthy Eating

- At Watsonia North Primary School, we believe that healthy eating has a direct impact on children’s learning potential.
- We believe in a school environment that supports healthy food choices.

PURPOSE:

- To increase students’ knowledge of healthy eating and its benefits.
- To encourage families to provide students with healthy lunches and snacks.
- To increase the range of healthy choices available at the canteen.
- To create links between healthy eating and the school curriculum.

GUIDELINES FOR IMPLEMENTATION:

- The school will conduct surveys to monitor children’s lunches and snacks.
- Each class will allocate for fruit and vegetable eating time during the day.
- The school will not promote confectionary as a reward or use it for fundraising.
- Each area of the school will complete units of work that address healthy eating which reflect the VELs.
- The school will promote the benefits of healthy eating through regular articles in the Wednesday Weekly.
- The canteen coordinator will ensure that all foods served at the canteen comply with the DEECD healthy canteen policy. Confectionery, soft drinks, energy drinks and flavoured mineral water will not be sold. Fried foods and chips will be supplied no more than two times per term.

POLICY – “Kids Go for Your Life” – Physical Activity, PE and Sport

Physical activity is associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and well-being.

PURPOSE:

- To promote student well-being by making physical activity a regular part of every child's day.
- To develop skills and personal confidence that enable participation in physical activities.
- To promote physical activity as an enjoyable, social experience.

GUIDELINES FOR IMPLEMENTATION:

- Students in Prep-Year 3 will be timetabled for daily 20-30 minutes physical education sessions, while students in Years 4-6 will be timetabled for 3 hours per week including a maximum of 90 minutes for sport, and the balance dedicated to physical education as per the DEECD Mandate.
- Each class has a 50 minute specialist session per week of Physical Education.
- Prep students have 3 x 20 minute sessions per week of PMP for 3 terms.
- Prep and Year 1 have weekly 1 hour YMCA Gym sessions for 1 term.
- Years 2, 3, 4 offer 8 x 45 minute swimming lessons.
- Year 5/6 students have 2 sessions per week, timetabled for Sport.
- Students have the opportunity to participate in intra and interschool sport.
- Physical Education is promoted through Sport Clinics and special activities offered to students.
- Participation in physical activity is promoted through the newsletter and student reports at Monday assembly.

POLICY – “Kids Go for Your Life” – Physical Activity, PE and Sport

GUIDELINES FOR IMPLEMENTATION (cont):

- Environment and Outdoor Education Program provides a wide range of physical activities.
- WNPS operate a Sport House Team System – Cross Country, Athletics and House Team Relay.
- Physical activity is promoted in the Performing Arts Program.
- Where possible, fundraising events will have a physical activity focus (Walk-a-thon, Jump Rope etc).

POLICY – “Kids Go for Your Life” – Active break times

At Watsonia North Primary School, we believe that children should be actively engaged in outdoor activities and provided with play equipment that both stimulates and encourages active play.

PURPOSE:

- To increase students' participation in physical activity.
- To provide enjoyment and stimulation whilst using equipment and engaging in physical play.
- To encourage children to be self directed and cooperate in physical play of free choice.

GUIDELINES FOR IMPLEMENTATION:

- Years 3 to 6 students have the opportunity to borrow/use sport equipment at recess and lunchtime to promote physical activity.
- Prep, Year 1 and 2 students have some sporting equipment in the classroom for use in the yard to promote physical activity.
- There are three large areas of age appropriate play equipment for student use.
- Play situation games are supported through the use of permanent line markings, both on walls and grounds, spread throughout the school.

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POLICY – “Kids Go for Your Life” – Water Bottle

The drinking of water as a long term healthy lifestyle choice is promoted at Watsonia North Primary School.

PURPOSE:

- To improve students' hydration throughout the day, both in the classroom and on breaks.
- To promote the benefits of the consumption of water over sweet drinks.
- To increase student awareness of the health benefits of drinking water.

GUIDELINES FOR IMPLEMENTATION:

- Students will bring clearly labelled water bottles to school every day and will have easy access to these.
- Water bottles provided will be for water only.
- Teachers are encouraged to remind students to take water bottles to Physical Education/Sport.
- Teachers will be encouraged to use water bottles in classrooms.
- Through the 'Brain Works' Curriculum Unit, students will gain awareness of the benefits of drinking water.
- Parents will be informed of the Water Policy through the student enrolment package.

WATSONIA NORTH PRIMARY SCHOOL

POLICY – “Kids Go for Your Life” – Fruit and Vegetables

At Watsonia North Primary School, we believe that eating fruit and vegetables is vital for the health and well-being of our students.

PURPOSE:

- To maximise students' concentration and learning.
- To increase students' awareness of the value of eating fruit and vegetables as part of a daily balanced diet.
- To empower students to make informed dietary choices.
- Growing, nurturing and harvesting a vegetable garden exposes the students to a wider range of seasonal vegetables.

GUIDELINES FOR IMPLEMENTATION:

- Classes will allocate time each day for the eating of fruit and vegetables.
- Teachers will encourage students to bring healthy lunches and snacks.
- Each Year Level has designated garden areas for the growing of seasonal vegetables.
- The vegetables grown are harvested and consumed by the students.