



BOULDER PRIMARY SCHOOL

Policy: Healthy Lifestyle Policy

Date: May 2017

Our Goals for the Boulder Primary School Community:

- To promote a well resourced, relevant and meaningful Health education curriculum to students in Years K-6 which includes healthy choices and lifestyles.
- To ensure students and staff are aware of the effects of a variety of food substances on the body e.g. excess sugar / salt / fats / preservatives.
- To develop staff and community awareness of health issues facing the population in the Goldfields including issues that affect the Indigenous population eg type 2 Diabetes and tooth cavities
- To integrate local agencies to support the whole school approach on healthy eating: dental agencies, nutritionists and community health professionals.
- To encourage parental support and involvement through awareness of the school health policy as well as access to education and support by the school: e.g. educational displays at a healthy big breakfast / information on comparative pricing of muesli bars /cereal/ fruit juices, and place easy lunchbox and recipes suggestions in newsletter.
- Promote the “Crunch and Sip” program as a healthy, less expensive alternative to fast foods.
- To encourage and support recycling of foods for compost and worm farms.

Behaviours We Seek:

- Students, staff and parents will promote and make informed choices about food selection by:
 - Endeavouring to provide healthy canteen options i.e. aim to maintain an all green canteen (subject to finance).
 - Increasing opportunities for students to access fruit and vegetables; including more availability of fresh fruit and vegetables in the canteen and an emphasis on the Crunch and Sip program, healthy options at Breakfast Club.
 - Water being available to sip throughout the day; all students having access to their own water bottles in the classroom
 - Promotion of healthy eating choices at school based events, including the cost of healthy foods compared to convenience food options.

Curriculum We Implement:

- A whole school approach to healthy lifestyles across all areas of the curriculum as appropriate.
- Any food based classroom activities or parties to have and promote healthy choices.
- Teachers to focus on an effective Health curriculum from Years K-6.
- Health and hygiene to be taught at each year level on personal hygiene, germs and food hygiene
- Curriculum to include children promoting and educating each other on food items for sale, nutrient content, the effect on the body and cost in a cross- curricular approach.
- Teach to benefits of reusing and recycling products.

Environment We Foster:

- Teachers, staff and parents will model appropriate healthy choices in the consumption of food and water.
- The school will provide and promote hygienic facilities for staff and students.

Review: 2019