Rationale
Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. We, our school community, can help students develop healthy habits to live, learn, grow and play.

Aims
- To promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every child’s day.
- It is recognised that every member of community impacts on Westgarth Primary School children’s health and can contribute to creating an environment that promotes healthy eating and physical activity. All members of our school community including staff, students, parents and volunteers will be supported to meet this policy.

Actions
- Westgarth Primary School has a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking in class time.
- Westgarth Primary School has a strategy in place to encourage all students to eat fruit and vegetables while at school. This includes a defined period of time each day when children are encouraged to eat fruit and vegetables only.
- School community members are encouraged not to bring confectionary, high sugar drinks, energy drinks and flavoured mineral waters, or fried food and chips to school.
- All staff will not use sweets as rewards in the classroom.
- The timetabling of physical activity, physical education and sport is consistent with appropriate education sector requirements, including Sunsmart guidelines.
- Play equipment that encourages physical activity is made available to all students at lunchtimes and other breaks.
- The school promotes walking or riding through a whole-of-school activity at least one day per term.
- A whole school curriculum plan, which reflects the Victorian Essential Learning Standards, encourages healthy eating and physical activity during and outside school hours.
- Families are informed of healthy eating and physical activity policies and are provided with information to assist them to meet policy requirements.

Evaluation
This policy will be reviewed every ________ years and in accordance to the Department of Education policies. Next review date is _________.

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<td>School Council</td>
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