



# Healthy Eating, Physical Activity & Sunsmart Policy

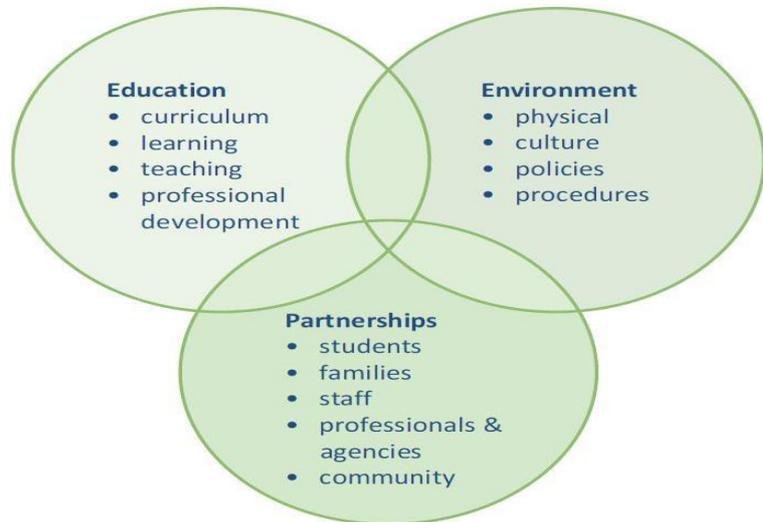
A Health Promoting School



A Health Promoting School aims to improve all areas of health and wellbeing within the school community by building the capacity of school communities to implement good practice initiatives using the 'Health Promoting Schools Framework'. The Healthy Eating, Physical Activity and Sunsmart Policy has been designed utilizing this framework to effectively deliver best practice health promotion within Ravensthorpe District High School.

The three components of the Health Promoting Schools Framework are;

- Curriculum, teaching and learning
- School organisation, ethos and environment; and
- School partnerships and services



The Framework provides a model to assist with planning and identifying areas that require improvement.

Source: WA Health Promoting Schools Association (Inc.)

## Rationale

**Health promoting practices such as healthy eating, physical activity and sun protection** are fundamental to good health and contribute to lifelong health and wellbeing. For children, they contribute to improved learning and concentration; better behaviour; prevention of disease; healthy growth and weight.

## Our policy aims to:

- Create better learning outcomes, health and well-being for students and staff
- Provide a safe, stimulating and fun place to learn, work and play
- Nurture a sense of pride and commitment where students, teachers/staff, parents/caregivers, health professionals and community groups collaborate to create and maintain a healthy school community
- Increase awareness in the school community of the benefits of eating healthy food, being physically active and protecting against the sun's rays
- Educate staff, students and the school community about sun protection by using online learning workshops available on the SunSmart website: [www.GenerationSunSmart.com](http://www.GenerationSunSmart.com)
- Encourage all students and teachers to participate in a daily Crunch&Sip<sup>®</sup> break (*For information go to the Crunch&Sip<sup>®</sup> website: [www.crunchandsip.com.au](http://www.crunchandsip.com.au)*)



- Incorporate the Dept. of Educations Healthy Food and Drink policy through:
  - Utilizing the current Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
  - Applying it to classroom rewards, cooking activities, school camps and excursions
  - Applying it to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

## **Our Commitment**

### **Supportive Practice:**

Ravensthorpe DHS will incorporate **healthy eating, physical activity and Sunsmart** concepts into school activities by providing:

- Providing regular professional development opportunities for all staff.
- Ensuring there is regular physical activity and good nutrition sessions during teaching periods for years K-10
- Encouraging physical activity opportunities that are in line with national guidelines\* (a Minimum of 60 minutes a day)
- Establish with staff, parents and students suitable food and drinks that match with the DoFE Healthy Food and Drink Policy
- Encourage food-centred activities that are healthful, enjoyable and developmentally appropriate\*\*
- Review and develop activities that will give students the skills to make healthy eating and physical activity choices for themselves.
- Offer parents the opportunities to participate in school based healthy eating and physical activities.
- Incorporate Sun safety education as part of the curriculum for at all year levels
- Continue the Crunch&Sip<sup>®</sup> break in all classrooms each day (*a list of permitted foods for Crunch&Sip<sup>®</sup> breaks is available at [www.crunchandsip.com.au](http://www.crunchandsip.com.au)*)

\*Physical Activity recommendations from Commonwealth of Australia, Department of Health and Ageing

\*\*Dietary guidelines for Australian children and adolescents



## Supportive Environment:

Ravensthorpe DHS will nurture an environment where students will receive consistent messages about health and wellbeing by:

- Motivate and support staff to achieve quality outcomes for students for the students' health and wellbeing, e.g. assigning a school Health and Wellbeing Coordinator.
- Encourage students to eat breakfast before attending school and/ or providing an economically sustainable school breakfast club
- Encourage and support parents/ cares to ensure their children eat healthy, varied lunches, snacks and treats at school and encouraging them to reinforce healthy eating practices at home
- Prohibit students carrying lunchbox items listed in the **RED** section to school\*  
Encourage students to limit carrying items from the **AMBER** section to school\*  
Encourage choosing foods from the **GREEN** section. \*
- Provide students with canteen choices that are in line with the Dept. Of Health Healthy Food and Drink Policy

Menu planning (see appendix 1)

- Ravensthorpe DHS School's canteen/food service menu will:

- include a minimum of **60% GREEN** menu choices

- include a maximum of **40% AMBER** menu choices

- Not make available food and drinks that do not meet specified minimum nutrient criteria (RED)1

- limit savoury commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.

- Provide clean, safe and accessible drinking water available for Crunch&Sip<sup>®</sup> and reminding students to refill their water bottles throughout the day
- Provide information to parents and staff about the Crunch&Sip<sup>®</sup> and SunSmart programs, e.g. through newsletters; the school website; during student enrolment; in the school policy and procedures manual
- Encouraging all students to eat a piece of fruit or vegetable in the classroom daily during the designated Crunch&Sip<sup>®</sup> break and drink water from their own bottle throughout the day
- Actively find ways to provide fruit or vegetables for Crunch&Sip<sup>®</sup> for students who do not have access to them, e.g. seeking donations of produce from Foodbank or local retailers; allocating available funds to purchase fruit and vegetables
- Students are to wear sun protective clothing, including sun protective hats (broad-brimmed, bucket and legionnaire style) for all outdoor activities as appropriate. Encouraging school visitors to do the same



- Ensuring that school uniform requirements incorporate sun protective elements such as shirts with collars and longer sleeves, longer style shorts and rash vests for swimming
- Providing shade and ensuring that, where possible, outdoor activities take place in shade and are scheduled away from peak UV times- preferably when the UV index is below 3
- Establish role models within the school community through:
  1. Wearing appropriate clothing and hats while on duty and at other outdoor activities and
  2. When appropriate, being seen consuming fruit, vegetables and water to reinforce the Crunch&Sip<sup>®</sup> message
  3. The support of P&C fundraising initiatives that uphold the principles of healthy eating and physical activity
- Actively encouraging students to apply minimum SPF 30+ water resistant broad spectrum sunscreen 20 minutes before commencing outdoor activity

\* Traffic light Sections listed in the Healthy Food And Drink Choices In Schools on page 6



### **Supportive Partnership:**

**Ravensthorpe DHS** will actively seek opportunities to form partnerships with parents/carers; community groups, health service professionals and agencies to achieve the aims outlined in our **Healthy Eating, Physical Activity & Sunsmart Policy**.

---

### **Our team**

---

#### **Ravensthorpe DHS Health Promoting School committee:**

School Principal: Fiona Philson

Teacher representative: Nia Brocket – Physical Education Teacher

Teacher representative: Sharon Della - Teacher

Parent and P&C representative: Marcia Norrish

Canteen manager: Iris

Health Service representative: Irma McDonald - WA Country Health Service

Student: \_\_\_\_\_

### **Evaluation:**

---

At the end of each school year, **the Healthy Schools Committee** will review our **Healthy Eating, Physical Activity & Sunsmart Policy** to:

- identify our achievements and shortfalls
- recommend a course of action for the forthcoming year
- allow parents and staff to provide comment

**DATE:**

**SIGNED:**



## HEALTHY FOOD AND DRINK CHOICES IN SCHOOLS

GREEN		Examples
Breads		A variety of bread types
Cereal foods		Wholegrain cereals, oats, pasta, noodles, rice, polenta, couscous, quinoa, barley
Vegetables		Vegetables (fresh frozen or tinned) all salad mixtures
Fruit		Fresh, Frozen or tinned (in natural juice)
Legumes		Tinned (e.g. bean mix, kidney beans), cooked, baked beans
Reduced fat dairy products		Reduced fat yogurt(fresh, plain or fruit); cheese
Lean meat, fish, poultry and alternatives		All lean meats, Chicken (no Skin), fish (e.g. tuna, salmon, sardines); egg
Sandwich fillings		Lean meats (excluding ham), lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, reduced fat cheese, hummus, vegemite, yeast spreads, fish spreads
		Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast.
Hot food		Scones, raisin or fruit bread, pikelets, breadsticks, bruschetta, water crackers, rice crackers, popcorn(plain air popped), seed packs, trail mix based on breakfast cereals
Snacks		Water (including carbonated), reduced fat milk (plain, soy, almond) reduced fat milk (flavoured) less than 375ml, fresh fruit milkshakes.
Drinks		
AMBER <b>Select carefully and limit</b>		Examples
Reduced fat dairy products		Reduced fat dairy desserts
Full fat dairy foods		Milk, soy, yogurt, custard, cheese
Savoury commercial products		Oven cooked packaged/battered/crumbed fish/chicken/potato portions
Processed meats		Lean ham, Lean bacon
Dried fruit		Dried fruit
Snack food bars		Breakfast bars, cereal bars, fruit bars
Cakes muffins and sweet biscuits		Cakes, muffins and biscuits home-made with wholemeal flour, reduced fat and reduced sugar
Frozen Yogurt, ice blocks		milk based confectionary, frozen yogurts, rice cream, 99% fruit juice based icy poles
Drinks		fruit juices, vegetable juices and mixed juices less than 250ml (99% with no added sugar)
RED <b>Do not include in lunchbox or canteen menu</b>		Examples
Confectionary		All types, caramelised popcorn, chocolate, fruit leathers, fruit roll up
Pastry items		All types
Sandwich meats		Polony, salami, twiggy sticks
Deep fried foods		All types
Savoury snacks		Crisps, chips
Ice Creams		Chocolate coated and premium ice-creams (full fat and sugar)
Sandwich fillings		Honey, jam, chocolate spreads, confectionary sprinkles
Cakes, muffins and sweet pastries		Store bought, commercial
Drinks		Soft drinks, energy drinks, sports drinks, cordials, flavoured water, high caffeine drinks (iced coffee); fruit juice, vegetable juice , mixed juices more than 250ml.