



Healthy Lifestyles

POLICY

Mount Pleasant Road Primary School

A. **Definition:**

A.1. The school places priority on creating an environment that will have the best possible impact on the health of students, staff and the school community. This includes promoting the social, physical, intellectual, mental and emotional health of its members.

B. **Rationale:**

B.1. Evidence indicates that school health programs, which are comprehensive, integrated and include the community are the most effective.

C. **Aims:**

- C.1. To build a strong and healthy school community, knowledgeable of the services available and skilled in the making of appropriate decisions and choices.
- C.2. To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
- C.3. To maintain the Healthy Together Victoria registration.

D. **Implementation:**

- D.1. School Council will monitor and review health and well-being programs, including the Healthy Together Victoria registration, across the school including information nights for the wider school community. This may include:
 - D.1.1. extra-curricula opportunities (e.g sports, drama, choir)
 - D.1.2. life skills programs,
 - D.1.3. education programs for parents,
 - D.1.4. pastoral care,
 - D.1.5. health promoting foods provided through the school including, Breakfast Club, Pleasant Snacks and Special Lunch Days, during out of school hours care, School Camps.
- D.2. Staff members will be encouraged to model healthy eating habits whilst at school.
- D.3. The appreciation of healthy foods and the development of healthy eating habits will be included in the Health & Physical Education curriculum.
- D.4. The school will ensure that foods served through the school including, Breakfast Club, Pleasant Snacks and Special Lunch Days, include healthy, nutritious, tasty and attractive foods consistent with or superior to the latest government guidelines.
- D.5. A quantity of fresh fruit will be provided by the school for students.
- D.6. Students will have access to fresh drinking water whenever they need it, but at the discretion of the classroom teacher.

E. **Evaluation:**

E.1. This policy will be reviewed as part of the school's three-year review cycle.

F. Definitions:

F.1. Healthy Together Victoria focuses on preventing health issues before they arise. It incorporates policies and strategies to support good health across Victoria. The program encourages schools to create healthy work environments and adopt a whole-school approach to health promotion. This includes developing a healthy physical and social environment, creating policies around health and providing health and wellbeing opportunities. It encourages children, students, staff and families to be actively involved in creating healthy environments, and has a focus on building and strengthening community partnerships.