



CHILDHOOD EATING AND EXERCISE POLICY

Healthy Eating Policy

Georgiana Molloy Anglican School has a healthy food eating policy.

Children should eat a wide variety of foods so that they have the energy for learning and growing.

The school Café is well placed to support healthy eating. Georgiana Molloy Anglican School has adopted an easy-to-follow “traffic light” system of green, amber and red food menu full of healthy, nutritious and affordable food and drink. Foods in the **green** category are encouraged.

The healthy food and eating policy is consistent with curriculum messages and apply to school camps and excursions.

Nutrition and physical activity messages are being taught in the classroom to promote healthy lifestyles.

At Georgiana Molloy Anglican School we believe that education is a partnership between the home and the school and that as such it is the responsibility first and foremost of the home to establish sound practices in children regarding food choices and the use of leisure time. More than 75% of a child’s food is consumed at home. Parents are encouraged to use the **green, amber, red** system at home too. The Department of Health Western Australian “Guidelines for Nutrition in Childcare” website has very useful information on healthy foods.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-index.htm>

For many students the day begins early with a long travel time to school. The school policy is for students in K – 9 to have a fruit or vegetable break between the beginning of the school day and the first recess break. Parents are asked to be sure their child has appropriate fruit or vegetable packed for this break.

Healthy Exercise Policy

1. Our school aim is to provide 2 hours of “physical activity” per class per week as mandated by the Federal Minister for Education.
2. Junior school students have a daily exercise program imbedded into the curriculum
3. Senior and Middle Sub Schools fulfil the government requirements by Physical Education Staff in 2 x 60 minute PE lessons. Junior and Early Childhood Sub Schools have a combination of Physical Education Staff (PE lesson x 60 minutes) and their Class Teacher (morning fitness – 15 minutes x 5 mornings per week).
4. Our school will critically examine the merits of team sports and individual sports within the curriculum. A balance is needed between teaching team sports such as football, cricket and netball, and more individual sports such as golf, athletics, fitness training and triathlon. The latter group allows less gifted to compete against themselves or play on a more social level. The rationale behind this being that these more individual sports may be participated in for a longer portion of one’s life than the team sports that for most are played only in the school years.
5. Specific emphasis will be given to exercise in all outcome levels within the Health and Physical Education learning area.
6. Ongoing participation for students in activities such as “Jump Rope for Heart” will be encouraged.
7. Our school promotes walking and bike riding to school for children living closer to the school. A bike enclosure is provided for the safe keeping of student bikes.
8. Students are encouraged to use the sporting facilities and to exercise during breaks.
9. Our school is committed to the ongoing improvement and provision of exercise facilities for students K-12.
10. Our school has a continual promotion of the Co-Curricular Sporting Program to children. As the school matures a great number of sporting teams have been emerged in the Saturday morning local sporting competitions.
11. Our Multi Activity Centre (MAC) has state of the art facilities and is used by staff and students. Physical Education Studies classes are held in the MAC as well as it being used for a practice venue for GMAS and local sports teams. Staff are able to utilise the MAC’s aerobic and weights machines.

Ted Kosicki
Principal