Rational:
Healthy eating and physical activity are associated with improved learning and life-long health and well-being. It is recognised that every member of the school community impacts on children’s health and can contribute to creating environment that promotes healthy eating and activity. At Sunbury Heights we can help our students to live, learn, grow and play.

Aim:
To promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every child’s day.

Relevant Policies:
This policy document is supported by the following existing school policies and documents within the school:
- Sunsmart Policy
- Canteen Policy
- Transition Policy
- Student Wellbeing Policy
- Start Up Program

Criteria 7 Curriculum
- At the beginning of each year as part of our Start up Program all year levels explore a unit of work with a specific health focus these are in line with the VELS Health and Personal Domain. The Start up Program includes: the importance of water, brain food, and physical activity. Programs such as Brain Gym, Sunsmart and Safe use of Playground equipment are introduced.
- 10 hours a year is spent by each school level on Drug Education.
- Messages delivered across the curriculum with a focus on health, wellbeing and positive body image occur at the junior, middle and senior levels.

Families and Community
- SHPS families receive a weekly newsletter that regularly contains articles relating to Health, nutrition and physical education promotions.
- Information Displays are showcased throughout the school to encourage and role model to the students and their families.
- SHPS hold information sessions as part of the transition program and throughout the year promoting Healthy eating, drinking choices and physical activities.
- Parents are encouraged to become involved in sports days, walk to school days and PE programs including PMP and lunchtime activities.

Parents are made aware of programs available to them in the wider community that encourage their children fitter, healthier and happier eg MEND and local sporting groups.
- Parents are encouraged to pack nude food in their child’s lunch to promote the use of less processed food. They are also encouraged to pack food in hygienic and thermal container.
- Families are informed of this policy through the newsletter and when enrolling new students.

References
This policy was last ratified by School Council in... 13TH September 2010