



**Gosnells**  
PRIMARY SCHOOL

## Healthy Eating and Physical Education Policy

Written and Adapted by John De Antoni

*Physically fit and healthy children perform better at school academically, they are less likely to have behavioural issues and they have better attendance.*

**Abstract** Health and Physical Education is uniquely positioned to provide opportunities for students to adopt Healthy eating and physical activity habits which are fundamental to good health throughout life and contribute to improved learning, concentration, better behaviour, prevention of disease and healthy growth and weight for lifelong health and wellbeing. Gosnells Primary School offers its students a programme of experiential learning, that is relevant, engaging, contemporary, inclusive, safe, physically active, enjoyable and developmentally appropriate. Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies that enable students to confidently and competently participate in a range of physical activities including organised sport. By adopting a healthy eating routine and a physically active lifestyle, participants **will** be afforded more opportunities to enjoy a long, happy and healthy life.

In Health and Physical Education, students develop the knowledge, understanding and skills to support them to be resilient, to develop a strong sense of self, to build and maintain satisfying relationships, to make health-enhancing decisions in relation to their health, eating habits and physical activity participation, and to develop health literacy competencies in order to enhance their own and others' health and wellbeing<sup>1</sup>.

Given the fact that childhood obesity is now recognised as a world wide epidemic, an effective and quality Health and Physical Education programme is even more vital if we are to tackle this growing epidemic. In Western Australia alone, the number of children and young people who are overweight or obese has tripled since 1985, with a quarter of boys and a third of girls aged 7-15 years overweight or obese in 2003<sup>2</sup>. Young people who carry excess weight or who are obese have a greater risk of a number of immediate and long-term health and behavioural problems<sup>3</sup>. They also have a greater risk of boosting the current rate of 60% of Australian adults being overweight or obese when they themselves reach adulthood. The costs associated with the increasing weight problem in this country are in excess of 60 billion dollars every year<sup>4</sup>. If weight gain continues at its current levels, by 2025, close to 80% of all Australian adults and a third of all children will be overweight or obese<sup>5</sup>.

Gosnells Primary School will provide opportunities for all of its students year 1-7 to enjoy the benefit of a minimum of 2 hours of physical activity each week during the school day as part of student learning programs with the aim of extending that time to 150 minutes of quality physical education, as per the recommendation of Children's Physical Activity Coalition (CPAC) *Charter for Active Kids*<sup>6</sup>. In addition, teachers of K/P are encouraged to provide opportunities for their students to be physically active as much as is practicable.

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<sup>1</sup> <http://www.acara.edu.au/hpe.html>

<sup>2</sup> [http://cbrcc.curtin.edu.au/reports\\_technical\\_reports/070219.pdf](http://cbrcc.curtin.edu.au/reports_technical_reports/070219.pdf)

<sup>3</sup> <http://www.det.wa.edu.au/healthyfoodanddrink/detcms/portal/>

<sup>4</sup> <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by+Subject/4125.0~Jan+2012~Main+Features~Overweight+and+obesity~3330>

<sup>5</sup> <http://www.modi.monash.edu.au/obesity-facts-figures/obesity-in-australia/>

<sup>6</sup> [www.heartfoundation.org.au/.../CharterforActiveKids.pdf](http://www.heartfoundation.org.au/.../CharterforActiveKids.pdf)

## Philosophy

A healthy, physically active lifestyle is conducive to more effective participation in all that society has to offer and greater levels of success within and beyond school. This requires students to develop the knowledge, skill and behaviours that enable them to:

- maintain good health and live a healthy lifestyle;
- understand the role of physical activity in ensuring good health;
- engage in physical activity.

## Rationale

### The domain of Health and Physical Education:

- provides students with the knowledge, skills and behaviours to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health;
- is unique in having the potential to impact on the physical, social, emotional and mental health of students;
- focuses on the importance of a healthy lifestyle and promotes the potential for lifelong participation in physical activity through the development of physical competence;
- explores the developmental changes that occur throughout the human lifespan including ways of managing transitions, changing roles and responsibilities, personal identity and an understanding of human sexuality;
- explores the contribution of nutrition to health and the prevention of disease, topical issues related to nutrition and the factors that influence food selection;
- emphasises that engaging in physical activity, games, sport and outdoor recreation contribute to a sense of community and social connectedness;
- explores the concepts of challenge, risk and safety, develops an understanding of the importance of the right to be safe, identifies the harms associated with particular situations and how to take action to minimize harms.

## Aims

### The Health and Physical Education program is designed to assist students to:

- develop knowledge and skills to make informed decisions, plan strategies and implement and evaluate actions which promote growth, development and participation in physical activity, fitness, effective relationships, safety and health of individuals and groups;
- develop confidence in using movement skills and strategies to increase motivation to participate in lifelong physical activity;
- understand that participation in physical activity provides opportunities for challenge, personal growth and enjoyment;
- be actively involved as a skilled participant in games, dance, gymnastics, aquatics, sport, outdoor activities, leisure and recreation;
- accept themselves and others as they grow and change and promote their own and others' worth, dignity and rights as individuals and as members of groups;
- select foods that promote health and growth, understand the factors that influence food selection and the role of a healthy diet in the prevention of disease (see the Gosnells Primary School Health Food and Drink Policy);
- develop strategies to manage significant transitions throughout the lifespan;
- identify harms associated with particular situations and behaviours and develop strategies to minimize harms;
- evaluate and access services, resources, products and facilities which promote health, wellbeing and participation in physical activity and understand their rights and responsibilities as consumers.<sup>7</sup>

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<sup>7</sup> <http://www.activate.vic.edu.au>

## **Principles of Learning and Teaching**

- The learning environment is supportive and productive;
- The learning environment promotes independence, interdependence and self motivation;
- Students' needs, background, perspectives and interests are reflected in the learning program;
- Students are challenged and supported to develop deep levels of thinking and application;
- Assessment practices are an integral part of teaching and learning;
- Learning connects strongly with communities and practice beyond the classroom.

### **Teachers will need to use a variety of strategies in order to:**

- promote deep learning and understanding;
- cater for a diverse range of learning styles;
- promote independence, interdependence and self motivation;
- provide a supportive and productive learning environment.

### **Taking a strengths-based approach:**

A strength-based approach to the Health and Physical Education curriculum will acknowledge that most come to the learning area feeling positive about their health. The majority of young people rate their health as “good”, “very good” or “excellent”<sup>8</sup> this is not dismissing the fact that some groups of young people are experiencing poor health. Rather, it recognises that all young people have particular strengths and developing a positive attitude and a repertoire of knowledge, understanding and skills can improve their health and wellbeing.

The priority for Health and Physical Education at Gosnells Primary School will be to provide ongoing, developmentally appropriate opportunities for students to practise and apply the knowledge, understanding and skills necessary to maintain and enhance their own and others' health and wellbeing. Students should learn how to live a healthy, safe, and active life and move with confidence and competence. Gosnells Primary School aims to enable all its students, to the best of their ability, to become healthy, safe, and active Australians.

## **Assessment**

Assessment is the process of gathering and interpreting evidence of learning to make informed decisions about how well students are progressing. The following principles will apply to the implementation of student assessment:

- the primary purpose of assessment is to improve student learning;
- assessment practices are integral to the teaching and learning processes and is ongoing rather than episodic;
- assessment practices use a range of measures allowing students to demonstrate what they know and can do;
- assessment processes cater for the range of students' learning styles;
- assessment practices promote deeper understanding of learning processes by developing students' capacity for self assessment;
- students are involved in negotiating assessment to ensure a shared understanding of purpose, criteria and standards.

Assessment of student learning in health and physical education will be facilitated by the Health and Physical Education specialist. Students will be required to demonstrate their achievement of the standards using a wide variety of learning activities and tasks. The De Antoni Fitness and Skills Assessment Programme will be used as the primary assessment tool.

It is vital we maintain the measuring of skill levels in school children given the alarming and frightening rise in obesity levels in this country. Each child's skills will be developed using a variety of sports, activities and games.

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<sup>8</sup> <http://www.aihw.gov.au/publication-detail/?id=10737419261>

Skill Component	Sport	Examination
Catching	Ball Sports	Catching with dominant hand-Catching with non-dominant hand-Catching with both hands
Throwing	Cricket & Netball	Underarm-Over-arm
Kicking	Football & Soccer	Kicking a Moving Ball-Kicking a Stationary Ball
Striking	Bat, Stick & Racquet Sports	Striking a moving ball-Striking a stationary ball
General	All Sports	Skills to gain, maintain & control possession-Skills to use, create & defend space Skills to begin, restart & the transition of play-Forces & Motion-Balance & Stability Spatial Awareness-Swimming-Dance

#### Fitness Testing

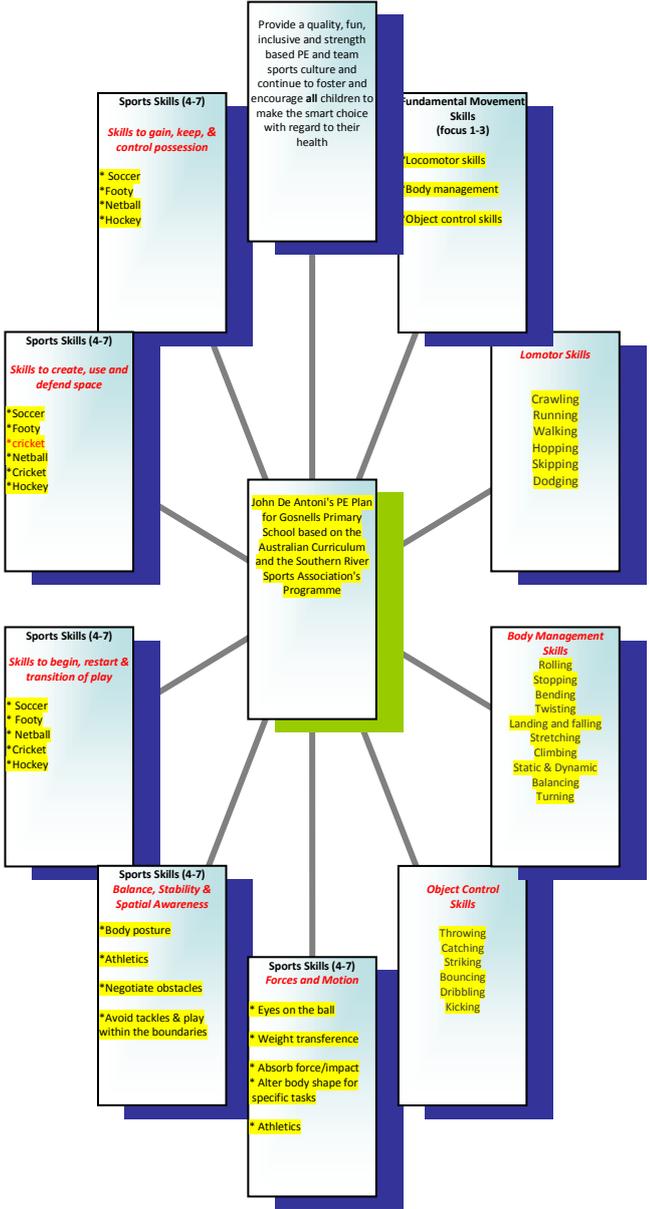
Skill	Area
BASIC BODY MEASURES	Weight (kg)
	Height (cm)
	BMI
	Body Fat %
FLEXIBILITY	Sit and Reach (cm)
AEROBIC FITNESS	Shuttle Run Score
MUSCULAR ENDURANCE	Pull Up Test
	Plank Hold
MUSCULAR STRENGTH	Medicine Ball Throw
	Standing Broad Jump
	Grip Strength

#### Object Control Skill Testing

Skill	Area	SCORE
CATCHING (OCS)	LH Catching:	
	RH Catching:	
	BH Catching:	
THROWING (OCS)	OA Throwing:	
	UA Throwing:	
KICKING (OCS) Footy & Soccer	Footy-Right:	
	Footy-Left:	
	Soccer-Right:	
	Soccer-Left:	
	Stopping:	
STRIKING (OCS)	Hit Moving:	
	Hit Stationary:	
	Balancing:	

**John De Antoni's PE Plan in Sequence**

- Striking Sports
- Fitness & Strength
- Invasion/Possession Sports
- Net Sports
- Athletics



**Personal Wellbeing & Pastoral Care (all year)**  
Resilience, caring for others, building & accepting relationships, fairness, respect, emotional health, interpersonal skills, self-management skills, lifestyle choices, benefits of exercises, personal safety, coping with negative influences and peer pressure, types of bullying, why people bully, the effects and solutions to bullying, bullying and the law, building self-esteem and assertiveness, personal hygiene, sun awareness

**Morning Fitness**  
The school community to participate in 15 minutes of aerobic fitness 5 days a week.

**Inclusivity**  
Follow Therapy Focus' individual plans for physical activity for our children with special needs and further develop it with the assistance of the students' EA.

**Term 1 (Theme: Cricket)**

- \*Fundamental Movement Skills
- \*Creative & Modified Games
- \*Spatial Awareness
- \*Strategies & Tactics
- \*Interpersonal, Communication & Organisation Skills
- \*Structured Games
- \*Interschool Cricket
- \*Fitness (weight training, aerobic and boxercising)
- \*Skills and fitness testing
- \*Free, creative play

**Term 2 (Theme: Footy, Soccer, Netball, Dance, Swimming)**

- \*Fitness testing, weight training and aerobic exercise
- \*Cooperation & Communication
- \*Team Development
- \*Game Strategy (Offense/Defence)
- \*Fundamental Movement Skills
- \*Creative & Modified Games
- \*Spatial Awareness
- \*Interschool Sport
- \*Intro to Athletics Season
- \*Free, creative play
- \*Assessment

**Term 4 (Theme: Alternative Sports)**

- \*Interschool Athletics
- \*Basketball
- \*Lacrosse
- \*Various team games
- \*T-Ball
- \*Tennis
- \*Volleyball
- \*Free, creative play
- \*Assessment

**Term 3 (Theme: Athletics)**

- \*Faction Carnival Prep & Training
- \*X-Country & Endurance Training
- \*Fitness (weight training, aerobic exercises and boxercising)
- \*Team Games (Juniors & Seniors)
- \*Fundamental Movement Skills
- \*Creative & Modified Games & Spatial Awareness
- \*Interschool Sport (X-country)
- \*Faction Carnival

**Gosnells Primary School** will incorporate healthy eating and physical activity concepts into school activities by providing:

- Regular professional learning opportunities for teachers and other staff.
  - Regular physical activity and good nutrition sessions during teaching periods for years PP – 7.
  - Physical activity opportunities that meet the recommendations from the Commonwealth of Australia, Department of Health and Ageing.
  - Food-centred activities that is healthy, enjoyable and developmentally appropriate.
  - Activities that will give students the skills to make healthy eating and physical activity choices for themselves.
  - Parents with opportunities to participate in school based healthy eating and physical activities.
- Gosnells Primary School** will nurture a supportive environment where students will receive consistent messages about healthy eating and physical activity by:
- Promoting the DET Healthy Food and Drink Policy.
  - Providing sufficient resources and opportunities to promote physical activity and active play during teaching periods, breaks and before and after school.
  - Encouraging students to eat breakfast before attending school and/or providing an economical sustainable breakfast club.
  - Supporting P&C fundraising initiatives that do not contradict the principles of healthy eating and physical activity.
  - Adopting programs that help build students' knowledge and positive attitudes towards healthy eating and physical activity eg., Crunch & Sip and SunSmart.
  - Making drinking water available and easily accessible to students throughout the day.
  - Motivating and supporting staff to achieve quality outcomes for healthy eating and physical activity e.g. assigning a school Health and Wellbeing Coordinator.
  - Encouraging parents/caregivers to ensure their children eat healthy, varied lunches, snacks and treats at school and encourage them to reinforce healthy eating practices at home.

### **Gosnells Primary School Healthy Food and Drink Policy**

Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that schools have a written Healthy Food and Drink policy.

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

#### Gosnells School's Healthy Food and Drink policy:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's Healthy Food and Drink policy
- applies to classroom rewards, cooking activities, school camps and excursions
- applies 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.

#### Gosnells Primary School's canteen/food service will:

- provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable
- reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

### **Gosnells Primary School's canteen/food service committee**

It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that:

- schools have a canteen/food service committee.
- canteen/food service managers/supervisors and/or employers (for example, Parents and Citizens' Association representatives or food service owners) have completed 'traffic light' training or a higher standard of training.

Gosnells Primary School will have a canteen/food service committee, with representation from the whole school community, including where possible students, parents and teachers. The committee will participate in the decision making process for the canteen menu, pricing, purchasing and maintenance of equipment etc.

### **Menu planning**

Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that the menu is made up of a minimum of 60% 'green' choices.

#### Gosnells 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)
- 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.

#### **Healthy eating at Gosnells Primary School will be supported by:**

- changing the menu according to the summer and winter seasons.
- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- offering a range of foods and taking into consideration Australia's multicultural society.

### **Whole school approach**

Childhood obesity is now recognised as a worldwide epidemic.

Gosnells Primary School and the canteen/food service will work together to support healthy eating. Adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.

Gosnells Primary School will adopt a whole school approach to promote healthy lifestyles through the following:

- Tuesday school breakfast reading program
- daily fitness programs
- newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages
- non-food related fundraising initiatives
- school kitchen garden
- Crunch&Sip
- fundraising initiatives which promote physical activity such as lapathons.
- Inclusive and innovative physical education programme conducted by a physical education specialist

Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that paid workers and volunteers participate in FoodSafe Food Handler training or its equivalent.

The Food Act 2008 (WA) and the Food Regulations 2009 (WA) require that:

- all food services apply for registration with the local council as a food business (a fee may be applicable);
- schools notify the local council prior to conducting a charitable or community event involving food (ie a cake stall or sausage sizzle); and
- food prepared for sale is only made in approved premises, for example a food business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a canteen.

The Australia New Zealand Food Standards Code requires that:

- food handlers' personal hygiene practices and cleanliness minimise the risk of food contamination. Risks can be minimised by the wearing of hats, hairnets and aprons provided by the canteen/food service; and
- the preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

### **Occupational Safety and Health (OSH)**

The canteen/food service at Gosnells Primary School is a workplace and will comply with the Occupational Safety and Health Act 1984 (WA) and Occupational Safety and Health Regulations 1996 (WA). The Department of Education has a number of policies and procedures related to health and safety. Some of the requirements include:

- All canteen/food service staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All canteen/food service staff and volunteers to wear enclosed footwear. Shoes with heels or, open sandals are not acceptable
- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity
- Only canteen/food service staff and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours

Young children accompanying paid workers, or volunteers and enrolled students working in a canteen, could constitute a hazard. The Occupational Health and Safety Act 1984 require all practicable measures are taken to minimise exposure to hazards in a workplace.

### **Canteen management issues**

#### Employment

- The canteen/food service supervisor shall be employed in accordance with the current legal requirements pertaining to minimum conditions, or a salary negotiated and approved under an enterprise agreement (minimum award conditions must apply, including superannuation).
- The canteen/food service will comply with equal opportunity guidelines for employment
- The canteen/foodservice supervisor shall have a written job description approved by the principal, P & C president, canteen treasurer and then accepted by the P & C committee
- The canteen/food service supervisor shall be appointed by, and if necessary, dismissed by the the principal, P & C president, canteen treasurer and then accepted by the P & C committee

#### Skills and knowledge

The Department of Education requires the canteen/food service supervisor and employer (e.g. Parents and Citizens' Association representative) to undertake 'traffic light' training conducted by the Western Australian School Canteen Association Inc and achieve competencies in nutrition, food safety and hygiene and canteen management.

Pricing policy/profits

- The primary objective of Gosnells Primary School’s canteen/food service is to provide a nutritious food service
- The canteen/food service may endeavour to provide a financial contribution towards resources for all students in the school after its financial obligations have been met (e.g. for maintenance of facilities and equipment, new equipment, professional development and training)
- Profit making by Gosnells primary School’s canteen/food service will not be made at the expense of providing students with less healthy choices (AMBER)
- The average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.

Canteen/food service equipment

- The canteen/food service committee shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions
- The canteen/food service committee shall report to the Principal any structural defect(s) within the canteen.

Gifts/concessions

- All discounts, allowances, complimentary articles, gifts, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the canteen and be properly recorded and later accounted for at the time of stocktaking. Public school canteens must comply with Department of Education polices, including the Financial Management in Schools Finance and Accounting policy.

Distribution of the policy/general policy issues

- A current copy of the Department of Education’s Healthy Food and Drink policy and Gosnells Primary School’s policy will be on permanent display in canteen/food service
- A copy of the current Gosnells Primary School’s policy (signed and dated) will be provided to all canteen/food service committee members at the first committee meeting following the Parents and Citizen’s Annual General Meeting
- This policy shall not be added to, or amended, except at the Annual General Meeting of the Parents and Citizens’ Association, or a special meeting thereof (called for that purpose); and then only with the approval of the majority of those present and entitled to vote
- This policy will be reviewed annually by Gosnells Primary School’s canteen/food service committee and suggested amendments will be forwarded to the Parents and Citizens’ Association.

Endorsement

We the undersigned, hereby certify that this policy was adopted at the Annual General Meeting of the Parents and Citizens’ Association held on:

\_\_\_\_\_ the \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_\_

Secretary (Parents and Citizens’ Association):

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President (Parents and Citizens’ Association):

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Chairperson (Gosnells Primary School Canteen/food service committee):

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