



# Healthy Food And Exercise Policy

## Rationale

The school promotes a safe physical and emotional environment in order for students to be physically active outdoors each day and sees it as important to provide and promote healthy food and nutrition for all students in accordance with Food Act 2014 and Food Regulations 2015.

## Policy Statement

To encourage students to develop habits of a healthy diet by ensuring as far as is practical that canteen foods provide a balance of recommended food types. To ensure a range of recreational and sporting opportunities are available to encourage student participation and enhance natural fitness and wellbeing of mind and body.

## Policy Guidelines

The health curriculum will highlight the benefits and necessity of healthy food choices, regular exercise and recreational activities. It will also inform of the possible consequences of poor diet choices. All students will be provided with opportunities to take part in recreational activities and sport during class time, intervals and after school. Students will be encouraged to participate in an organised fitness (outdoors weather permitting), and hauora within classroom programmes. Organised class fitness and outdoor learning time will be in equal duration or more than online screen time.

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Reviewed: April 2021

Next review: August 2025

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