



St Patrick's Catholic School

Health & Wellbeing Policy – Active Lifestyle



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| Date | 2011 |
| Version No | 0 |
| Responsible Person | Rodney Linhart |
| Approved By | Rodney Linhart |
| Review Date | 2015 |
| Related Documents | |



Health and Wellbeing Policy – Active Lifestyle

VALUES:

Health and wellbeing, Responsibility

REFLECTIVE MATERIAL

Move Well, Eat Well - Department of Education, Department of Health and Human Services

PURPOSE

Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. School communities can help students develop healthy habits to live, learn, grow and play.

St Patrick's Catholic School is committed to ensuring our students, staff and wider school community are educated on the benefits, simplicity and how to of making healthy lifestyle choices. These choices include eating a balanced diet rich in fresh fruit and vegetables, participating in physical activity each day and drinking water regularly.

Students are encouraged to participate and engage in regular physical activity each day, including before, during and after school. This will aid students in having healthy bodies and minds.

Staff are required to teach and promote the importance and benefits of an active lifestyle according to the age of students and relevant curriculum documents. Staff are encouraged to participate in and lead an active lifestyle themselves.

The wider school community is encouraged to participate in, promote and encourage students to lead active lifestyles through their own examples.



POLICY

Students are actively taught about and encouraged to lead an active lifestyle. In order to facilitate this St Patrick's Catholic School will:

- Effectively teach students about the importance and benefits of an active lifestyle and ways in which they can lead an active lifestyle according to the relevant curriculum documents
- Make available active play equipment for use before school, recess and lunch times
- Provide an effective Daily P.E. program on Mondays, Tuesdays and Thursdays which aims to have students being active for a full 25mins
- Timetable 45mins of formal P.E. per week for each class with a specialist P.E. teacher
- Hold one sports carnival a term (Swimming, Cross Country and Athletics) which encourages all students to participate as much as possible in physical activity
- Hold a 'Walk/Ride Safely to School Day' once a term for all members of the St Patrick's Catholic School community to participate in
- Provide structured lunchtime sports during term 2 for upper primary students such as soccer or football
- Encourage students to participate in outside of school sports such as soccer, football, cricket, netball, gymnastics, basketball, martial arts etc and where relevant and possible, make the school available for training/coaching purposes
- Encourage teachers to take classes outside for structured active play, games and sports during school time and integrate these times into relevant learning activities
- Participate in and hold fundraising activities that are linked to active lifestyle such as 'Jump Rope for Heart', Walkathons, Wheelathons and 'National Walk Safely to School Day'
- Educate and adequately advise members of the St Patrick's Catholic School community about the principles contained within our Active Lifestyle Policy and of the facts, research and information that underpins the principles of our Active Lifestyle Policy

CONSEQUENCES

As a consequence of this policy and its active implementation members of the St Patrick's Catholic School community will adopt and consistently lead an active lifestyle and become healthy and active persons throughout their lives.

Ratified: July 25, 2011