

# HEALTH PROMOTION POLICY

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**Woodlupine**  
PRIMARY SCHOOL

*Woodlupine Primary  
School*

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# HEALTH PROMOTION

## Policy

Woodlupine Primary School supports the community by reinforcing and modelling good nutrition and healthy lifestyle choices. This is a whole school approach to the establishment of consistent positive messages through the delivery of curriculum, promoting of waste wise foods and encouragement of physical activity.

## Guidelines

The school has a responsibility to ensure these messages are delivered by:

- teaching the importance of positive food and health concepts via the curriculum;
- encouraging healthy foods in lunch boxes;
- developing a consistent school-wide approach to mental and emotional health;
- reinforcing hygienic practices within and across the school;
- supporting and discussing waste wise foods;
- modelling healthy food and drink choices in the canteen menu, in the staff room, for class treats/rewards; and
- implementing the WA Government's "Traffic Light – Healthy Food and Drink Choices" policy;



## Communication

Our school will build and maintain positive relationships with families and the wider community in respect to key health messages and initiatives and the support of the canteen/canteen promotion of healthy eating. We will include at least one communication per term in the school newsletter outlining healthy lifestyle and eating guidelines and information.

## Canteen Guidelines

The canteen menu is reviewed by the Woodlupine Primary School Executive in consultation with the P&C. The P&C will encourage and make available a wide range of foods that should make up the majority of a healthy diet (GREEN).



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## Contact Us

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The canteen will also:

- reduce foods that do not meet specified minimum nutrient criteria (RED);
- comply with the Occupational Safety and Health act 1984 and Regulations;
- display evacuation and other emergency procedures documentation prominently;
- refuse entry to students during cooking/preparation times; and
- report equipment maintenance needs, structural defects or faults management issues to the principal's delegate (Manager Corporate Services)

Websites relating to Healthy Food and Drink choices which may provide useful information

<https://www.eatforhealth.gov.au/>

<https://www.crunchandsip.com.au/healthy-lunchboxes>

<https://www.actbelongcommit.org.au/>

<https://www.education.wa.edu.au/healthy-food-choices>

<http://www.nutritionaustralia.org/wa>

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