Outcome: Redwood Park School (Preschool – Year 7) will provide and promote a supportive environment for all members of its school community to undertake healthy eating and physical activity.

This will be achieved through:

- Curriculum focus – in Health and Physical Education
- Communication – articles in newsletters and workshops
- Whole school activities – including fundraising events, and the canteen

Healthy Eating

- Our canteen will continue to follow the “Right Bite” Policy and will devise “healthy specials in conjunction with whole school events e.g. sports day.
- New families coming into the school will informed of our Crunch & Sip program, teachers will ensure that the Crunch & Sip guidelines are followed, articles that include healthy recipes will feature in our newsletters on a regular basis, workshops for students/staff (as part of our professional development in staff meetings) and parents that promote healthy eating will be a regular feature on our school calendar
- Our Primary team will be responsible to run spot checks on lunch boxes to promote “healthier” lunches
- At working bees, fruit and water will be offered; at least one fundraiser a year will include the selling of fruit and vegetable boxes through Aussie Farmer Direct; at the bi-annual Enterprise Fair we will include stalls selling fruit products, locally grown vegetables and seedlings
- Our vegetable gardens and fruit trees will be extended and products grown will be used in special lunch days in class rooms and the canteen
Being Active

- All classes will continue to be involved in the Premier’s Be Active Challenge
- Year 6/7 students (and for some events year 5 students) will be encouraged to participate in as many SAPSASA events as possible (a budget will assist in paying for TRTS needed when specialists staff are at events and to assist in paying for transport when required)
- A Preschool – Year 7 Sports Day will be held annually and students will have input into the choice of activities for the day
- PE Week will be celebrated every year
- Jump Roper will be held biannually with a “fun run” held in alternate years
- One of our specialist subjects will be in PE and Health
- Instead of a yard duty, teachers (by choice) will offer a social skills program at lunch times through participation in team sport
- An SSO will continue to be assigned to promoting and organising after hours sport teams and the multipurpose centre will be available for these teams to practice after school – at no charge
- Dance will be a regular feature of the schools program including ballroom dancing in years 6 & 7, health hustles at assemblies and to start whole school events e.g. sports day
- A variety of clinics to teach and promote skills of various sports will continue to be booked each year
- Our PE Specialist time will include allocated time to continue with coordination programs for students in need from preschoolers’ through to older students
- Swimming, Aquatics and Way to Go programs will run annually
- Fitness boxes, introduced in Term 4 2012, will be updated annually
- Our PE and Health Specialist will have a weekly timeslot at staff meetings
- Year 3-7 children will be able to borrow a variety of sport equipment for recess and lunch use each day and Rec – Year 2 children will have an equipment box in their classroom to borrow from – these will be updated each term
- Staff will be encouraged to attend professional development activities around healthy eating and activity based programs.

Resources: 
- Australian Dietary Guidelines
- Healthy Eating Curriculum Kit for SA Primary Schools
- Various websites---see attachment
eat well be active – Primary Schools project

Healthy Eating Websites Menu

Current Commonwealth and State Government policies and programs

- Go for 2&5@
  www.gofor2and5.com.au

- Right bite – Eat Well SA

- Children Youth and Women’s Health service. (S.A.)
  www.chdf.org.au/childcarenutrition/

- Crunch@sip
  www.crunch@sip.com.au

Other programs

(Please note that although the websites below provide useful connections to Healthy eating materials keep in mind that most of these are not South Australian resources and therefore may not align with Right Bite and HEGs)


http://www.abgf.org/support-us/iconic-projects/kitchen-garden


http://www.cfac.net.au/

http://www.youngmedia.org.au/

The eat well be active – Primary Schools Project is a joint SA Health and Department for Education and Child Development initiative.