

Ideas for schools to support healthy lifestyles for children...



Schools can promote and encourage healthy eating and physical activity habits for children at a whole-school level or within individual classes. Some ideas to consider include:

- Ensuring that the **school canteen** is meeting the requirements of the **Fresh Tastes @ School – NSW Healthy School Canteen Strategy** and offering foods and drinks that are low in added sugar, saturated fat and salt.
- Developing **'healthy lunchbox policies'** at an individual school level to promote healthy lunch and snacks for students.
- Scheduling regular **'fruit times'** for students throughout the day to encourage consumption of fresh fruit by children. Combine these with physical activity sessions for students.
- Include **'energisers'** for children in class time to encourage children to get moving.
- Creating **'activity boxes'** containing physical activity equipment that classes or individual children can access during recess/lunch breaks.
- Developing **homework activities** based on the Personal Development Health and Physical Education (PDHPE) curriculum which encourage fruit and vegetable consumption, preparing healthy snacks, drinking water instead of sweetened drinks and juices, spending less time watching TV and playing on the computer and being more active.
- Establishing a **school vegetable garden** to help educate children about different types of fruits and vegetables. Produce from the garden could be sold at the school gate.
- Including regular articles or snippets of information in the **school newsletter** to promote physical activity and healthy eating and let parents know about the information, links and ideas available to them on the Healthy Kids Portal (www.healthykids.nsw.gov.au).
- Developing a **'school orientation package'** for parents on healthy eating (with a focus on healthy snacks, lunches and water) and activity ideas for children starting school.
- Encouraging and support opportunities for physical activity and healthy eating in the after-school period through **Out Of School Hours Care** programs.
- Working with **parent associations and student representative councils** to implement **'healthy/active'** fundraising activities such as fun runs, dances, a fruit and vegetable or a hot cross bun drive. These can be great fundraising alternatives to selling chocolate bars and unhealthy foods.
- Promoting **walking as a form of transport**. When possible, encourage parents to walk to school (or even part of the way) with their children.
- Working with **community and sporting organisations** to arrange sports demonstration or 'come and try' days for children to participate in a range of different activities.
- Encourage students to have a **water bottle** on their desks so that they can sip water throughout the day.

for more information and ideas on healthy eating and physical activity go to
www.healthykids.nsw.gov.au