

Healthy Eating Strategies for K - 6 students at
Plumpton Public School

<u>Issue</u>	<u>Strategies</u>
<p>Teaching strategies about good foods and drinks</p>	<ul style="list-style-type: none"> • Food rewards in the classroom including dried fruits (sultanas, dried apricots & banana chips etc) • Display of healthy food plate in each classroom to encourage a well balanced diet • Teacher modelling healthy eating, no consumption of junk food in front of students especially soft drink and foods in the 'Red' section • Referring to healthy canteen strategy including Red (never), Amber (occasionally) and Green (always) foods during PD/H/PE nutrition lessons. • School vegetable garden to help educate children about fruit and vegetables. Produce sold to the canteen.
<p>Encouraging healthy lunchboxes from home</p>	<ul style="list-style-type: none"> • 'Fruity Friday', students are encouraged to bring fruit or vegetables on that day. Reward incentives are given to students towards our whole school rainbow award system. • Colour themes for the canteen including green, red, orange and rainbow where fruits and vegetables of that colour are sold at the canteen on a weekly basis. This is advertised in the school newsletter and encouraged by teachers in class for students to try different fruits and vegetables each week. Students are also encouraged to pack these coloured fruit in there lunch box.
<p>Exposure to new foods / encouragement to eat at school</p>	<ul style="list-style-type: none"> • Apple slinky for a fun way to eat apples • Fresh fruit and water break encouraged at recess time. • Water bottles available in class for students to consume

	<ul style="list-style-type: none"> • Eating time for 10 minutes at lunchtime before play with full teacher supervision to ensure students are eating a healthy lunch. • Always trying new ways to promote healthy food consumption. For example: frozen pineapple rings, frozen fruit pieces, fruit salad with low fat yogurt, banana dipped in coconut, dried fruits, fruit skewers and fresh seasonal fruit and vegetables. • Cultural food relevant to school community – tabouli etc. • Recipes created by K – 6 classes and sold in the canteen to give students ownership of healthy foods for sale at school incorporating parent involvement
<p>Promotion and availability of food at the canteen</p>	<ul style="list-style-type: none"> • Students who purchase fruit or vegetables from the canteen are placed in a raffle which is drawn every Friday to encourage purchasing healthy food. Students win an ice block and fruit. • Mural (by Annette Barlow – Mural Art), painted around canteen walls of apple and orange orchards with children picking fruit and eating it wearing the Plumpton school uniform. A menu board to highlight specials with fruit filled baskets a farm and the Blue Mountains as a background. Students paid a gold coin donation to help paint the mural. • Additional canteen equipment purchased e.g. apple slicer machine • Poster competitions where students design promotional posters for foods sold at the canteen and 'Fruity Friday'.
<p>Healthy Fundraising</p>	<ul style="list-style-type: none"> • Walk-a-thon, where students receive an orange quarter for every five laps that they complete. Oranges donated by local fruit market • Healthy Eating Awareness Week: Involving Teacher, Parent and Student Health sessions. A 10 week Healthy Eating challenge diary. 15 minute walk towards health, where students pack a healthy lunch box including water to consume. Each student receives a piece of fruit at the completion of the walk.
<p>Knowledge about good food and drinks for parents</p>	<ul style="list-style-type: none"> • Healthy school lunch box ideas and recipes in newsletter • Information for parents about healthy eating and keeping active

**Exposure to new foods /
encouragement to eat within the
family**

- Promotion of school initiatives such as 'Fruity Friday' encourage parents to buy fresh fruit and vegetables for students to consume at school.
- Student awareness of good nutrition can reflect on eating habits in the home.

Physical Activity Strategies for K – 6 students
at Plumpton Public School

<u>Issue</u>	<u>Strategies</u>
Programs /Activities at school	<ul style="list-style-type: none"> • 15 minutes of fitness Monday – Thursday every morning (skipping, relays, tug-o- war, throwing and catching skills, kicking and passing skills, locomotor movement) • Alternatives to mainstream sport components during fitness are offered e.g. yoga • Stage 2-3 sport on Friday encouraging skill components • K – Gross motor and skill components • PSSA involvement • Gymnastics for senior students • Senior and Junior dance groups
Ways of encouraging participation in physical activity at school	<ul style="list-style-type: none"> • Borrowing system run by students for students to borrow equipment at lunchtime • Lunchtime handball competitions • Lunchtime dodge ball competitions • Training for PSSA sports during lunchtime and after school • Rehearsals for dance groups at lunchtime • Teacher versus students' competition at the end of every term doing a selected modified game of students' choice. • Talent Quest rehearsals • House groups for sporting events and school sport where points are allocated for being a good sport and correct behaviour.
Promotion of physical activities / events	<ul style="list-style-type: none"> • School newsletter to promote active events e.g. Athletics, Swimming Carnivals, Cross Country, fitness and school sport • PSSA results published in school newsletter • Sport captains' reflect on school sports carnivals • Results of student achievement in school sport published in newsletter

	<ul style="list-style-type: none">• K – 6 classes publish how they keep fit during fitness in newsletter throughout the year• Sports awards allocated at the end of year presentation day for outstanding achievement• Community members are encouraged to support school teams in finals of PSSA sport.
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