North Beach Primary School
‘Healthy Bodies, Healthy Minds’

Vision: North Beach Primary School seeks to provide a supportive environment for all students, staff and community members to adopt a healthy lifestyle

- Teaching staff shall develop and integrate programs across all curriculum areas that connects and demonstrates the interrelationship between physical activity, good nutrition and health (e.g., Yr 4 vegie/kitchen garden.)
- Promote healthy eating and drinking habits through health and whole school Crunchnsip policy
- Promote food-based activities that are healthy, enjoyable, developmentally appropriate, curriculum relevant and participatory. (e.g. Ride to School Day rewards etc)
- Provide opportunities for students to participate in regular organised physical activity (e.g., whole school sport, AASC)
- Create learning opportunities through the kitchen garden to teach students how to prepare, identify and experiment with herbs and vegetables.
- Ensure the P&C managed school canteen provides recess and lunches within the “Stop Lights” guidelines

Environment

- Ensure fresh drinking water is available and easily accessible to students throughout the day.
- Continue to be a Crunch and Sip affiliated school.
- Encourage environmental awareness through:
  - Responsible use of sports equipment; and
  - Keeping the community clean and picking up rubbish.
- Encourage eating fruit and vegetables each day at school.
• The school will provide sufficient levels of resources and/or opportunities for the promotion of physical activity and active play (e.g. Cricket Academy, Basketball academy, netball academy)
• The school will encourage students to eat breakfast before attending school.
• The school will encourage parents/carers to provide students with healthy lunches and will provide education to encourage healthy eating. e.g parent workshops, newsletter inserts.

**Partnership**

• Work together with parents and the community to develop and maintain a sustainable vegie/kitchen garden.
• Work together with surrounding schools to continue interschool sports and physical activity events.
• Engage the school community in planning and implementation by having representatives on the Carine Schools Committee.
• Continue to build positive relationships with local community members. eg, AASC Schools Coordinator, Community Nurse, City of Stirling Ride to School coordinator.