

NEW SOUTH WALES
DEPARTMENT
OF EDUCATION
AND TRAINING



Guiding Principles for Schools

Creating a Healthy Environment for Learning

Summary Document

Good for kids
good for life

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Foreword

The prevalence of obesity and overweight is increasing in western populations and has been declared an 'epidemic' in many countries. The physical, emotional and social consequences of childhood overweight and obesity are dire, which in turn translate to poorer educational outcomes for our students.

The Department of Education and Training is committed to supporting student health and well being and acknowledge that schools can play an important role in preventing unhealthy weight gain in children through the implementation of targeted changes within the school community.

The purpose of these Guiding Principles is to help schools identify the simple, practical changes they can make within their whole school community to support healthy eating and physical activity practices.

Each principle has been selected based upon best practice evidence, in partnership with the Good for Kids. Good for Life Program, the Catholic Schools' Offices of Armidale and Maitland-Newcastle and the Association of Independent Schools.

The principles were then circulated to hundreds of School Principals in our region who provided advice and endorsement for their practical implementation within the school community.

I encourage every school to work towards implementing each of these principles over the next three years through the support made available by the Good for Kids. Good for Life program.

Through the implementation of these Guiding Principles, the New England Region will be leading the way in promoting healthy eating and physical activity to students and their families.

Des Gorman
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Department of Education & Training
New England Region

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- Schools' Working Group

Department of Education and Training

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The Guiding Principles

In the Classroom

- Introduce vegetable, fruit and water consumption during school hours.
- Encourage water consumption during class time.
- Integrate messages of healthy eating and physical activity across the curriculum.
- Involve students in at least two hours of mandatory physical activity per week (including sport and PE).
- Provide opportunities for the development of fundamental movement skills through active PE lessons.

In the School Environment

- Fully implement the Fresh Tastes @ School (NSW Healthy School Canteen Strategy) throughout canteens and vending machines.
- Ensure that school fund-raising activities, classroom rewards and school events are consistent with the Fresh Tastes @ School's principles.
- Ensure that water is freely available during all breaks.
- Where appropriate, restrict access to stores and food outlets during school hours.
- Encourage and provide opportunities for active play at recess and lunch including the provision of adequate supervision in the playground.
- Limit, as much as possible, non educational (out of lesson time) small screen and sedentary activity at school.
- Ensure the physical environment is appropriate for promoting physical activity through access to equipment and facilities during school hours.
- Encourage participation in extra-curricular sport and active weekly school sport.

In the Broader School Community

- Involve parents and care-givers in both school and home-based nutrition and physical activity programs and activities.
- Encourage healthy lunchboxes and lunchbox programs for all students.
- Promote initiatives and principles of active transport to and from school to parents and students.
- Promote and provide opportunities for after school physical activities and program

Guiding Principles Checklist

Initiative	Fully in place	Being Developed	Not in place
<i>In the classroom</i>			
1. All classes have vegetable, fruit and water breaks			
2. Students are permitted and encouraged to consume water during class time.			
3. Messages of healthy eating and physical activity are integrated across the curriculum			
4. Students participate in 2hrs of physical activity during a week			
5. Classes have daily physical activity sessions			
6. Students are provided with opportunities to develop Fundamental Movement Skills during active PE lessons			
<i>In the school environment</i>			
1. School is fully implementing Fresh Tastes @ School Canteen Strategy via; <ul style="list-style-type: none"> ▪ canteens ▪ vending machines ▪ fundraising activities ▪ classroom rewards ▪ school events 			
2. Water is freely available during all breaks.			
3. Access to stores and food outlets during school hours is restricted			
4. Students are provided opportunities to be active at recess and lunch through; <ul style="list-style-type: none"> ▪ access to equipment ▪ adequate supervision ▪ playground markings ▪ organised lunchtime/ recess activities 			
5. Students are restricted from using computers etc at recess/ lunch for "free time"			
6. Students are encouraged to participate in extra-curricular sport and active weekly school sport.			
<i>In the school community</i>			
1. Parents and care-givers are involved/ informed in school and home-based nutrition and physical activity programs through; <ul style="list-style-type: none"> ▪ Kinder/ Yr 6 Orientation ▪ Newsletters ▪ "Active" Homework ▪ Other?? 			
2. Parents and children are encouraged to pack healthy lunchboxes			
3. Active transport to and from school is promoted to parents and students			
4. After school physical activity programs are available			

Do you ensure the sustainability of these practices by....

Initiative	Fully in place	Being Developed	Not in place
Embedding programs such as veg, fruit and water break in to your school plan			
Developing specific school policies eg veg, fruit and water policy			
Providing staff with professional development related to healthy eating and physical activity			

Initiative	Fully in place	Being Developed	Not in place
Regularly identifying and updating resources to support the teaching of nutrition and physical activity			