

Wallaroo Mines Primary School follows the DECS Right Bite Strategy in our:

\* Canteen, which has healthy foods and drinks for us to buy.

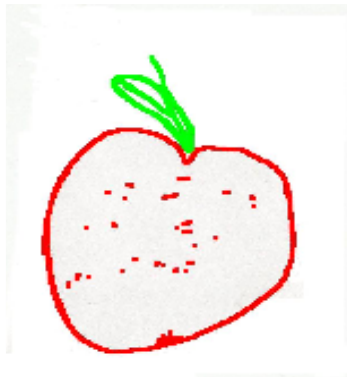
We read the Right Bite Policy for ideas about foods to sell in the canteen.

The canteen is open from Monday to Thursday every week.

\* Fundraising Policy

- green category foods where possible
- 2 'RED events' allowed per term in consultation with the school's plans

\* Celebrations- eg. birthday cakes



In line with the Right Bite Guide to Healthy Food and Drink Supply for SA Schools and Preschools, we recommend the following food selections at school:

Choose Plenty - the GREEN category:

- ☺ Breads, low sugar/fat cereals, rice, pasta, noodles.
- ☺ Vegetables.
- ☺ Fruit.
- ☺ Dairy foods: reduced or low fat milk, cheese, yogurt.
- ☺ Lean meat and poultry, fish, eggs and legumes (dried beans and lentils).
- ☺ Water.

Select carefully - the AMBER category:

- ☹ Full fat dairy foods.
- ☹ Savoury commercial products, snack foods and biscuits.
- ☹ Processed meats.
- ☹ Margarine, mayonnaise and oil.
- ☹ Spreads, sauces and gravy.
- ☹ Snack food bars.
- ☹ Plain cakes, muffins and sweet biscuits.
- ☹ Plain ice creams and ice blocks.
- ☹ Breakfast cereals with added sugars and saturated fats.

Choose occasionally - the RED category:

- ☹ Soft drinks, energy drinks, sports drinks, etc.
- ☹ Confectionery (lollies).
- ☹ Deep fried foods.
- ☹ Chocolate coated/added ice creams.
- ☹ High fat/sugar cakes and slices.
- ☹ Savoury pastries (pies, pasties, sausage rolls).

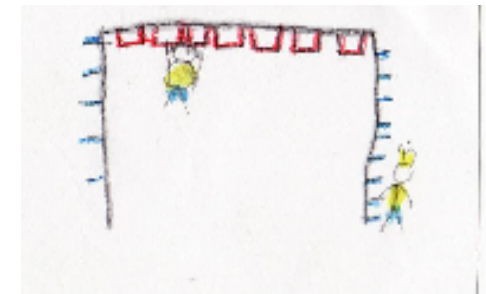


WALLAROO MINES PRIMARY SCHOOL

## HEALTHY LIFESTYLE POLICY

[www.decs.sa.gov.au/eatwellsa](http://www.decs.sa.gov.au/eatwellsa)

At Wallaroo Mines Primary School:  
We help everyone to be fit and healthy for  
better learning.



Policy Developed: Nov 2008

Review Date: Nov 2009

## LUNCHES

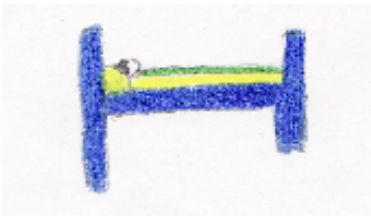
We use 'big lunch, little lunch' where we eat our big lunch at 10:50am and little lunch at 12:55pm so the people who didn't have breakfast get healthy food earlier.

Some classes have fruit time and some classes can eat fruit at any time to keep our brains active and alert and ready to learn.

We know we need water so we don't get dehydrated. Our school supplies water bottles for us and we can fill them up from the rain water tap. We also have a refrigerated drink fountain.

### We have Emergency Lunches.

Emergency lunches are when someone forgets or has no food for lunch. Students go to the staffroom and they get a sandwich out of the freezer and put it in the microwave and then they at least have something for lunch. Students get a letter to take home and need to bring 50c to school the next day to pay for the sandwich.



At Wallaroo Mines Primary School we learn to look after our health. We know that we need to care for our bodies, our minds and our feelings.

We learn this through:

- celebrating success in classes and as a whole school
- using class mascots by
  - taking them home over the weekend and writing adventures in a journal
- our pet program
  - caring for animals and each other
  - they can help us calm down and relax
- story and sharing time after breaks to wind down
- restorative circles
- being given time
  - to chat or cool down, walk
  - to care for each other
- helping people focus with a balance of play and learning
- boys and girls groups
- eating healthily and drinking plenty of water
- providing shade areas, sunscreen and wearing broad brimmed hats all year (SunSmart Policy)

- health and science program to teach us about our bodies and being healthy
- a daily PE program including:
  - fitness, skills development
  - good sports equipment
  - PE Week
  - Dance
- special events like Jump Rope for Heart and Fun Runs
- Active After School program
  - 2 sessions each week, with healthy snacks provided
- Walking School Bus

