

Move Well Eat Well

Our school is proud to be a *Move Well Eat Well* Member School

By creating a school environment that promotes healthy eating and physical activity our school can become *Move Well Eat Well* Award School and help make healthy choices a normal part of every child's day.

How do we become an Award School?

We can choose strategies to support healthy eating and physical activity that suit our school community.

Examples of ways schools can create a healthy school environment include:

- Water bottles and fruit breaks in class
- Healthier canteen choices
- Access to play equipment at playtimes
- Health and physical education, daily physical activity
- Finding ways to make it easier for children to walk and ride to school or other destinations

Why take action?

Schools are full of vibrant, happy children, however, many students are not benefiting from healthy habits that promote lifelong health and learning.

- Many Australian children are choosing sweet drinks on a regular basis and these are linked to tooth decay and are a significant risk factor for overweight and obesity
- On average children are eating only 50% of the recommended intake of fruit and 30% of the recommended intake of vegetables.
- Researchers have found that over 90% of children have 'junk' food in their lunchboxes.
- Children are now 3.5 times more likely to be in front of a computer or television screen after school than playing sport.
- Although nearly 75% of children in Years 3 - 6 are driven to school, 61% of these children said they would prefer to walk to school if given the choice.

What are the challenges for families?

Busy lives, increasing costs, pester power, unhealthy canteens and confusing health messages.

These are some of the many reasons why families can find it difficult to provide children with the healthy eating and physical activity that they need.

By becoming a *Move Well Eat Well* Award School parents, staff, families and students can work together to help make healthy choices easier for all families.



TAP INTO WATER EVERYDAY



PLANT FRUIT & VEG IN YOUR LUNCHBOX



LIMIT OCCASIONAL FOODS



MOVE, PLAY AND GO



TURN OFF, SWITCH TO PLAY



STRIDE AND RIDE



HEALTH PROMOTING SCHOOL