**Move Well Eat Well School Annual Planner** Date: / /

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| **Criterion** | **Which requirements are you already doing?** | **Achieved?** |
| Image, water tap.  Criterion heading, tap into water everyday. | * Drinking taps or water fountains are easily accessible to children at all times * Students may bring to class water bottles filled with water only * Sweet drinks are not permitted during class time * Children may use their ‘water only’ water bottles during PE and sport * Children are reminded to drink water throughout the day * These strategies apply to all students at all year levels |  |
| **Image, lunchbox containing multigrain sandwich, a carrot and an apple.  Criterion heading, plant fruit and veg in your lunchbox.** | * The school promotes the inclusion of fruit and vegetables in lunchboxes every day * The school provides an opportunity for students to enjoy fruit and vegetables every day * The school encourages healthy eating behaviours in a positive, relaxed and social environment * These strategies apply to all students at all year levels |  |
| **Image, balance scales with fruit and veg outweighing a soft drink and a lolly.  Criterion heading, limit sometimes foods.** | * All staff are encouraged **not** to use ‘sometimes’ foods as rewards in classroom * The school limits ‘sometimes’ food on a whole of school basis * The school has undertaken strategies to encourage the school community to support our limiting of ‘sometimes’ foods * *As applicable:* The school canteen or lunch service is fully accredited with or has had their **lunch order** or **canteen menu** assessed in the last year with School Food Matters.   (Full accreditation means menu assessment + food safety + classroom links + canteen policy) |  |
| **Image, soccer ball, cricket bat, sandpit bucket and spade.  Criterion heading, move, play and go.** | * All students at all year levels receive two hours of timetabled physical activity per week * Free and creative play is part of the daily curriculum and spread throughout the day in the Early Years |  |
| **Image, television with a cross on the screen.  Criterion heading, turn off, switch to play.** | * A system is in place to provide regular access to play equipment at breaks and screens are limited * Screen-based activities are predominantly used for educational purposes * The school takes measures to break up long periods of sitting * Ensuring this system is accessible to all students at all year levels |  |
| **Image, a bike and foot prints.  Criterion heading, stride and ride.** | * All students at all year levels have access to or are encouraged to participate in an age-appropriate activity to promote safe walking or riding as a form of transport, at least once each term. |  |
| **Image, three linking rings.  Criterion heading, health promoting service.** | * A health and wellbeing curriculum is delivered to all children in levels K – 6, that includes explicit teaching about healthy eating and the benefits of physical activity * Each of the Award criteria is specifically addressed in school policy, either through a *Move Well Eat Well* policy or within existing policies (eg. nutrition, canteen, physical activity, physical education, student wellbeing, traffic safety policies) * All the policy documents are approved by the school association/council * New families to the school are provided with information about the healthy eating and physical activity policies * Families are provided with regular information, ideas and strategies to promote and support healthy eating and physical activity, for example through displays, brochures or newsletter inserts * The school has a family-friendly approach in the birth to 4 years programs and has a welcoming attitude to breastfeeding * Staff are encouraged to model healthy eating and physical activity practises across the whole school environment |  |

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| **Actions to support Move Well Eat Well criteria** | | | | | |
| **Criterion** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Future Actions** |
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