



## HEALTHY EATING AND LIFESTYLE POLICY

### **Rationale:**

An active lifestyle and healthy eating are essential for people to achieve their full academic and physical potential. Daily physical activity and healthy eating habits that are established early in a person's life improve their well-being and Hauora and may limit lifestyle diseases in older age. Spotswood College recognises its responsibility in this area and will actively help its community establish and maintain these good practices.

### **Purpose:**

To encourage all people in the Spotswood College community to be active people who eat food in line with the National Nutritional Guidelines.

### **Guidelines:**

1. Pupils will learn about the importance of physical activity in Physical Education classes and the National Nutritional Guidelines through Food and Nutrition classes, Health lessons and the food provided in the canteen.
2. Fresh water will be available to pupils via well maintained drinking fountains.
3. The canteen will provide healthy food choices.

### **Outcomes**

Pupils will become aware of their health needs. They will incorporate physical activity into their daily life and will make responsible dietary choices.

The school community will do its best to model this policy at all times. Any catering and fund raising that is conducted under Spotswood College's name will comply with this policy.

### **Approval:**

When the Board approved this Policy it agreed that no variations of this Policy or amendments to it could be made, except with the majority approval of the Board.

Approved by the Board of Trustees on 26 August, 2013

Signed on behalf of, and with the authority of the Board

\_\_\_\_\_ on \_\_\_\_\_ (Date)  
Board Chairperson

Due for Review: \_\_\_\_\_ (Date)

Reviewed Date: \_\_\_\_\_ Signed for B.O.T. \_\_\_\_\_