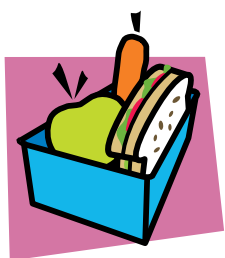


Move Well Eat Well

Primary School



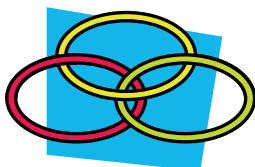
PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX



LIMIT
'SOMETIMES'
FOODS



TAP INTO
WATER
EVERYDAY



HEALTH
PROMOTING
SCHOOL



TURN OFF,
SWITCH
TO PLAY



MOVE,
PLAY
AND GO



STRIDE AND
RIDE

member form

What is the Move Well Eat Well Award Program?

Move Well Eat Well is promoting a healthier Tasmania in which children can enjoy healthy eating and physical activity every day.

Every primary school can become a part of the Award Program to support children's wellbeing.

The Move Well Eat Well Award Program is adapted from the World Health Organisation's Health Promoting Schools model.

Move Well Eat Well is a state-wide initiative managed by the Tasmanian Department of Health.



Why is Move Well Eat Well important?

The promotion of healthy eating and physical activity at school is associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing.

Many children enjoy a healthy lifestyle, however, there is an increasing number of children who miss out on healthy foods, drinks and physical activity. These unhealthy lifestyles are contributing to poorer health, childhood overweight and obesity and disordered eating.

To turn this around we need to create environments that support healthier lifestyles.

Why work to create healthier primary schools?

Schools are important places where children learn about regular healthy eating and physical activity practices.

The Move Well Eat Well Award Program assists schools to make healthy eating and physical activity a normal part of every child's day.



What happens once a school signs up to be a 'Member' school?

Once completing and submitting this form primary schools are offered an orientation, resources and support.

Working towards an Award can be done at a pace appropriate to the school. In many cases, schools find they have achieved many of the criteria already and use the Program to make their approach sustainable and embedded in their daily practice.

Where can schools find more information about Move Well Eat Well?

Primary schools can find information via:

Website: www.movewelleatwell.tas.gov.au

Phone: (03) 6166 0617

Email: movewelleatwell@health.tas.gov.au

Move Well Eat Well

Primary School Member Form

Please complete BOTH SIDES of this form and email to:

movewelleatwell@health.tas.gov.au

or print and send to:

Move Well Eat Well, 2/25 Argyle Street
Hobart 7000

Your details

Primary school name:

Contact staff member:

Position:

School address:

Town/suburb:

Post code:

Phone number:

Fax number:

Contact email:

Type of school:

Government

Catholic

Independent

Local government area:

Number of students K-6:

Number of staff K-6 (teaching and non-teaching):

Move Well Eat Well membership agreement

Our school is committed to becoming a *Move Well Eat Well* Award School. We agree to work towards becoming a *Move Well Eat Well* Award School and to share information about our work with the *Move Well Eat Well* evaluation team.

We have completed the Award criteria checklist over the page.

Principal name:

Signature:

Date:

In some areas there are local community health professionals who may be able to help your school become a *Move Well Eat Well* Award School. If you do not wish to be contacted, please contact the Program Coordinator on phone 6166 0617.

Privacy and confidentiality

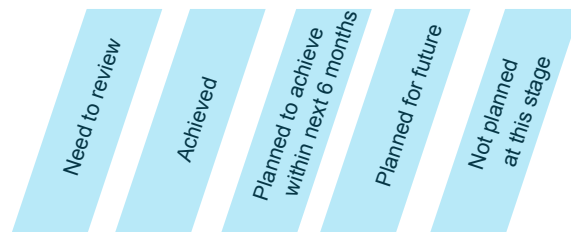
The Department of Health will maintain the confidentiality of information you provide for the purposes of the *Move Well Eat Well* Award (excluding your school's name and information in the public domain), however, we may disclose the information to health professionals, and provide non-identifying information to other parties, for reporting, research or evaluation purposes. We will take all reasonable steps to protect the privacy of your personal information.

If you want to access or change any of the information you have supplied, please contact *Move Well Eat Well* on phone 6166 0617 or by email at movewelleatwell@health.tas.gov.au.

Your Starting Point

Key ways to promote a healthy school environment

As a *Move Well Eat Well* Member, your school will be supported to meet the Award criteria listed below. Once all criteria are met you can apply to become an Award School. No time restrictions are applied and schools are encouraged to work progressively through the criteria at their own pace.



- 1 The school has a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity. Only water is permitted for drinking in class time.



- 2 The school has a strategy in place to encourage all students to eat fruit and vegetables while at school.



- 3a 'Sometimes' foods¹ will be limited in any student food service organised by the school (such as school canteen, a local shop order or delivery, or the occasional 'lunch days').

- 3b 'Sometimes' foods will be limited in the wider school environment. This includes fundraising, school fairs, BBQs, sporting events, vending machines, excursions and other special events.

- 3c The wider school community is encouraged to support the limiting of 'sometimes' foods.



- 4 The timetabling of physical education, physical activity and sport is consistent with the UNESCO Quality Physical Education Guidelines for Policy Makers.



- 5 Play equipment that encourages physical activity (e.g. balls, skipping ropes and bats) is made available to students at lunchtimes and other breaks.



- 6 The school promotes walking or riding through a whole-of-school activity at least once each term.



- 7a The school has a whole school curriculum outline which reflects the Australian Curriculum standards and encourages healthy eating and physical activity, both during and outside of school hours.

- 7b The *Move Well Eat Well* Award criteria are included within policy and planning documents endorsed by the school association or council, as appropriate.

- 7c Families are informed of the school's healthy eating and physical activity policies and initiatives, and provided with information to assist them to support them.

Please keep a copy for your records before sending this form to:

E: movewelleatwell@health.tas.gov.au

or *Move Well Eat Well*

2nd floor, 25 Argyle Street, Hobart TAS 7000

P: 03 6166 0617 F: 03 6222 7409

¹ 'Sometimes' foods and drinks includes chocolate, confectionary, sweet drinks, crisps, chips, fried foods and some cakes, biscuits and pastry items that are high in fat, sugar or salt.