*Ideas for your school handbook or family enrolment information pack*

*(Choose the lines below that make sense for your school and replace the text entry fields highlighted in yellow with detail about your school activities)*

# We are a Move Well Eat Well School.

We want to make it easy for all children to eat well and be active at school every day.

You can support us by sending a clean 'water only' water bottle to school, making sure your child has some fruit and/or vegetables each day for a snack, and packing a lunch based on foods from the five food groups:

* Grain (cereal foods)
* Fruit
* Vegetables
* Low fat dairy foods and alternatives
* Meat and alternatives

We ask that you limit the amount of sometimes sent in the lunchbox from home

This website can assist families with lunchbox and snack ideas for children and ways to help children be active. [*Move Well Eat Well* Families Section](http://www.movewelleatwell.tas.gov.au/families)

If you are sending food to school for a celebration, please try to include everyday foods from the five food groups.  Or try non-food items to celebrate such as stickers or stationery. *(OR add your own words about how you’d like to celebrate at your school)*

Children are able to order lunch from (our canteen/lunch order system). This is available (days). We have a (level) award with the Tasmanian School Canteen Association.

We have a school garden, providing a hand on gardening experience for all children. Parents are welcome to  *... (add your own words about your school garden)*

Children participate in our daily activity program as well as a specialist physical education lesson each week. *(you may wish to add information here about learn to swim, athletics, cross country or carnivals)*

Our school offers lunchtime and after school activities and sports *(you may wish to list the details of these).*

You can support your child to participate in physical activities at school by ensuring that they wear comfortable shoes and clothes that allow them to move freely *(add your school uniform requirements if relevant).*

Encourage your child to walk all or part of the way to our school if it is safe to do so.

If your child is riding a bike to school check our safety and storage arrangements.

Look in our newsletter for lunchbox and snack ideas, ways to move as a family and walking and sports where you may be able to join in.

This is a Healthy Tasmania initiative 2021