



## Health Policy

For children to fulfil their potential and be happy, productive citizens, their health is important. This aspect of their development is significant, along with children's progress in social and academic skills.

Accordingly, we pursue the following policies:

1. Navy blue "Legionnaire-style" hats to be worn at all times when children are out of doors in terms one and four.
2. We encourage sunscreen to be worn when children are out of doors. Children may bring their own sunscreen and self-apply.

Parents may choose to give written permission on the school Health Form for their child/ren to use sunscreen provided by the school.

3. We are always conscious of providing ample shade to children at work out of doors. We timetable 2 hours of Physical Activity for all children each week comprising Physical Education lessons and Daily P.E sessions to meet the requirements of the Australian Curriculum. Kindergarten and Early Learning students participate in Physical Education lessons and outdoor skill development sessions as appropriate for their programs.
4. A health and wellbeing curriculum is delivered to all year levels EL-6, which includes explicit teaching about healthy eating and the benefits of physical activity.
5. Children are required to bring healthy, natural foods in their lunch-boxes. This can include fruit (fresh and dried), homemade healthy biscuits, cakes and slices, cheese and yoghurt, nuts, sandwiches and rolls. Sweets, chocolate and chips are not allowed. Processed foods should be kept to a maximum of one per day. Students' lunchboxes must include at least one piece of fresh fruit or vegetable each day. Students' lunchboxes and drink flasks are checked by a teacher at the conclusion of the lunch eating session to ensure students have eaten a balanced amount of food from their lunch box, including sufficient fresh fruit or vegetables and have drunk enough water for the day. Drink bottles must be able to contain at least 500mL of water.

Individual children's dietary needs in relation to children's culture, religion, health and allergies will be respected. Parents will be required to provide details in writing of any specific dietary needs for their child/ren.

All students are supervised by teaching staff while students are eating morning tea and lunch. This duty practice enables staff to monitor the development of positive eating and hygiene practices.



# The Launceston Preparatory School

## Truth and Happiness

6. Children must bring a drink flask (at least 500ml) each day filled with water only.

The Launceston Preparatory School only permits water to be consumed at school. Students must bring a drink flask full of water each day. Children must bring their drink flasks to all Sport and Physical Education sessions. Students are given opportunities during the day to re-fill their flask with water where necessary.

The Launceston Preparatory School has a “no-flask, no-play” policy to encourage students to be responsible for their own belongings and their own health and wellbeing. In the event that students do not bring their water flask to school, the student is provided with water, but must sit out of play times and any sport or Physical Education activities.

7. The Principal/s may require a student not to attend school during any day on which the child has an infestation or is suffering from any disease which may be infectious, contagious or harmful to the health of other persons at school. Parents are required to notify the school of any notifiable illness or disease from which their child is suffering. Parents are also encouraged to notify the school of any health condition affecting their child that may impact on the health and well-being of other students within the school community.
8. Comprehensive health records will be maintained and updated annually for each child. These provide relevant details of medical history, contact details for parents/guardians and doctors and the course of action required in the event of a medical emergency. Parents are requested to advise the school immediately should any change to these records occur.
9. If children require medication (antibiotics, cough medicines etc.) to be administered during the course of a school day, written instructions and signed permission from parents must be provided to the student’s home group teacher. Parents or care-givers of Early Learning students must fill out the permission form in Early Learning for the administration of medicine at school.
10. Any injury caused to a child during school hours will be attended to by staff with current recognised First Aid qualifications and noted on children’s files. Parents will be contacted immediately in the event of suspected serious injury or illness.
11. Children will participate in “Sun Smart” activities as part of the Health and Physical Education Curriculum.
12. Equipment that encourages active play is available to all students at morning tea and lunchtimes.
13. The Launceston Preparatory School promotes whole school walking and riding through organised activities at least once a term (such as Get Walking Tasmania Month, National Walk to School Day and State Bike Week). The school uses local facilities and walks the children to and from facilities where possible.



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## Truth and Happiness

14. Food rewards in the classroom are not an accepted practice at The Launceston Preparatory School. Food provisions at camps, school excursions, sporting events and classroom activities promote healthy eating.

**Evaluation:**

This policy will be reviewed as part of the school's policy review cycle.