

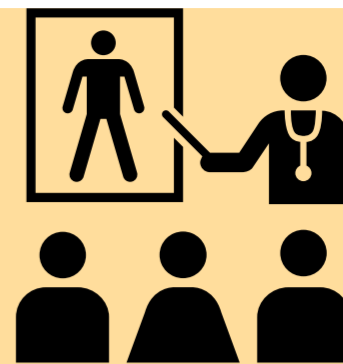
# WHAT IS LIVE LIFE WELL @ SCHOOL?



Fundamental movement skills are taught and assessed in all years



Crunch&Sip® is implemented to promote fruit, vegetables and water



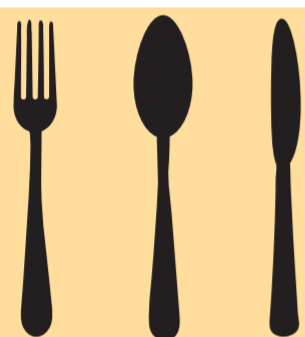
Teachers have updated skills in nutrition and physical activity education



Active travel such as walking, cycling or skating to/from school is promoted



Students participate in Food growing/gardening experiences



Food and drinks sold are consistent with NSW Healthy Canteen Strategy



Whole of school is involved in Fruit & Veg Month/Vegetable Week



Students are encouraged to be physically active at recess and lunch



Health information is provided to families (Healthy eating, physical activity, screen time)



Students learn about healthy eating and physical activity in all stages

## Curriculum Culture Community

A Health Promoting Schools Framework

Live Life Well @ School uses Health Promoting Schools framework to support healthy eating and physical activity at school. Please contact our team for support implementing healthy eating and physical activity initiatives at your school.

Karina Frangos



9382 8645



karina.frangos@health.nsw.gov.au

