

# Flemington Primary School

## POLICY FOLDER



### Student Wellbeing

### Brain Food and Brain Gym

#### Rationale:

The regular intake of healthy foods and water enable the body and brain to function at peak performance, without the usual peaks and troughs that typify fluctuating energy levels brought about by irregular eating and drinking. Together with Brain Gym this is inclusive, safe, fun and stimulates the brain to ensure its receptiveness for learning. Flemington Primary School understands the importance of mental stimulation, water and healthy foods to assist brain function and student learning.

#### Aims:

- To maximise learning potential for all students by allowing them to graze on healthy foods and water throughout the school day.
- To maximise learning potential for all students by providing an opportunity to participate in 5 minutes of Brain Gym each day.
- To integrate Brain Gym across all year levels.
- To ensure all staff are trained in the basic skills of Brain Gym.

#### Implementation:

- All staff will be provided with basic training in the skills of Brain Gym and information about the benefits of effective hydration and nutrition.
- Students in each year level will complete 5 minutes of Brain Gym each day, preferably in the morning, but not restricted to mornings only.
- Each classroom will be provided with a set of basic resources to assist in the implementation of the Brain Gym program.
- Students will also be encouraged to bring healthy snacks into the classroom consistent with the school's Brain Food policy, which they will be encouraged to eat throughout the day.
- Information relating to Brain Gym will be provided to parents by means of the newsletter.
- The advantages of the brain food program will be regularly detailed in the school newsletter.
- All classrooms will encourage students to bring clearly named plastic water bottles into the room and students will be given unlimited access to water throughout the day. Water bottles must not contain drinks such as cordial or juices or sports drinks – water is the only acceptable brain food drink.
- Students will also be encouraged to bring healthy snacks into the classroom, which they will be encouraged to eat throughout the day. Brain foods must be in clearly named plastic containers, must not require cutting or preparation, must not be messy, must be able to be eaten with fingers, and must not contain nuts.
- All students will be coached in the importance of not sharing foods or water bottles, and of not eating foods brought by somebody else.
- Typical brain foods would include dried apricots, sultanas, carrots, muesli bar pieces, apple slices, strawberries, etc.

#### References:

<http://www.goforyourlife.vic.gov.au/>

#### Evaluation:

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

*Referred to Policy Sub Committee 11<sup>th</sup> August 2008*