Kids – ‘Go for your life’
Primary school
Membership application form

- TAP INTO WATER EVERYDAY
- PLANT FRUIT & VEG IN YOUR LUNCHBOX
- LIMIT ‘OCCASIONALLY’ FOODS
- MOVE, PLAY AND GO
- TURN OFF, SWITCH TO PLAY
- STRIDE AND RIDE
What is Kids – ‘Go for your life’?

Kids – ‘Go for your life’ is a statewide initiative funded by the State Government and managed by Diabetes Australia – Vic and The Cancer Council Victoria. Kids – ‘Go for your life’ is leading the way to create healthier Victorian children who enjoy healthy eating and physical activity every day. Every primary school can become a part of this exciting initiative to support children’s wellbeing by joining the Award Program.

Why Kids – ‘Go for your life’ is important

There are many great reasons to promote healthy eating and physical activity as they are 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 are missing out on the healthy foods, drinks and physical activity they need to help them live, learn, grow and play. These unhealthy lifestyles are resulting in higher rates of childhood overweight, obesity, and disordered eating.

If we do nothing, this generation will face increasing rates of type 2 diabetes, heart disease, stroke, some cancers and reduced life expectancy.
Every Victorian child can enjoy the benefits of healthy eating and physical activity

Why create healthier primary schools?

Schools are important places where children learn to develop regular healthy eating and physical activity routines. A key strategy of Kids – ‘Go for your life’ is to support children’s settings to promote healthy lifestyles through an Award Program.

What is the Award Program?

This program provides schools with a guide to creating healthier school environments that promote healthy eating and physical activity. The program is adapted from the World Health Organization’s Health Promoting Schools model which integrates health into the regular day-to-day activities of schools.

Every primary school can join the program by signing up as a Kids – ‘Go for your life’ Member. It’s free! Members are provided with a membership certificate, starter pack, posters, parent tip sheets, curriculum resources, professional development opportunities and a range of ‘fun n healthy’ activities to engage your school community.

Most importantly the program provides an opportunity for schools to be recognised for their achievements in supporting children to develop healthy lifestyles.

Strengthen your school community

The Award Program can strengthen your school’s capacity to:

• Promote partnerships between teachers, parents, students and the community
• Plan and implement health and physical education curriculum within a whole of school context
• Support the implementation of statewide policies and guidelines (e.g. The Victorian Essential Learning Standards, Physical Education and Sport in Schools Policy and the School Canteens and Other School Food Services Policy).

How do you become an Award School?

1. The first step is to sign up your school as a Kids – ‘Go for your life’ Member by completing the application form attached.
2. As a member school you will receive a Kids – ‘Go for your life’ membership certificate and a starter pack.
3. Your school will be provided with ongoing support to progressively work towards meeting the award criteria listed on the membership form.
4. Once you have met all of the award criteria your school can apply to become a Kids – ‘Go for your life’ Award School.
5. Award Schools are recognised by an outdoor sign, which promotes the school’s achievements in supporting children’s health.
Your details

Primary school name __________________________________________________________

Contact staff member _________________________________________________________

Position _________________________________________________________________

School address _____________________________________________________________

Phone number ______________ Fax number ________________

Contact email ________________________________

Type of school □ Government □ Catholic □ Independant

DET Region or Diocese (if applicable) _____________________________________________

Local Government Area ______________________________________________________

Number of students attending your school this year ________________________________

Please tick the box if your school has participated in the following programs in 2006:

☐ Kids – ‘Go for your life’ Fruit + Veg in schools program
   (Victorian Home Economics Textiles Teacher’s Association)

☐ Kids – ‘Go for your life’ Healthy Canteen Advisory Service (Nutrition Australia)

Kids – ‘Go for your life’ Membership Agreement

As a Kids – ‘Go for your life’ Member our school is committed to supporting the wellbeing of the children by promoting healthy eating and physical activity as a regular part of every child’s day. Our school will work towards becoming a Kids – ‘Go for your life’ Award School.

☐ We have completed the award criteria checklist over the page.

School principal

_________________________________________ × ___________________________ / /
Printed Name Signature Date

In some areas there are local community health professionals who may be able to support your school to become an Award School. If you do not wish to be contacted, please tick the box below.

☐ Do not contact

Your privacy: The privacy and confidentiality of your information will be maintained by Diabetes Australia – Vic and The Cancer Council Victoria. No identifying information will be used for reporting, evaluation or research purposes.
Key ways to create a healthy school environment

As a Kids – ‘Go for your life’ Member, your school will be supported to meet the 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. To indicate your starting point in creating a healthier school environment, please tick the appropriate boxes below.

**Award Criteria Checklist**

Please indicate your service’s current practice by ticking the appropriate box.

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<td>1.</td>
<td>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 (e.g. water bottles).</td>
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<td>2.</td>
<td>The school has a strategy in place to encourage fruit and vegetable consumption while at school (e.g. fruit breaks).</td>
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<td>3A.</td>
<td>High sugar drinks such as soft drinks, energy drinks, and flavoured mineral waters are excluded from the canteen and other school food services including vending machines (if applicable). School community members are requested not to bring these drinks to school.</td>
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<td>3B.</td>
<td>Chips and fried foods are supplied only occasionally and confectionery not at all through the canteen and other food services. School community members are requested not to bring these foods to school.</td>
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<td>4.</td>
<td>The timetabling of physical activity, physical education and sport is consistent with appropriate education sector requirements and guidelines.</td>
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<td>5.</td>
<td>Play equipment that encourages physical activity (e.g. balls, skipping ropes and bats) is made available to students at lunchtimes and other breaks.</td>
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<td>6.</td>
<td>The school promotes walking or riding through a whole-of-school activity at least one day per term (e.g. walk and ride to school days, walking school bus, walking challenges).</td>
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<td>7A.</td>
<td>The school has a whole school curriculum plan, which reflects the Victorian Essential Learning Standards, that encourages healthy eating and daily physical activity during and outside school hours.</td>
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<td>7B.</td>
<td>The above criteria are included within policy and planning documents endorsed by the school council or board, as appropriate. Families are informed of these policies and provided with information to assist them to meet policy requirements.</td>
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Please keep a copy of this form for your records and forward your completed application form to:
Primary School State Coordinator, Kids – ‘Go for your life’, Diabetes Australia – Vic and The Cancer Council Victoria 570 Elizabeth Street, Melbourne, VIC 3000 or fax (03) 8648 1826
Kids – ‘Go for your life’ is an initiative managed by Diabetes Australia – Vic and The Cancer Council Victoria and proudly supported by the Victorian Government through the ‘Go for your life’ campaign.

For more information:
Call 1300 854 554

Nutrition Australia’s Kids – ‘Go for your life’ Healthy Canteen Advisory Service and Victorian Home Economics Textiles Teachers Association’s (VHETTA) Fruit + Veg program are partnering programs of Kids – ‘Go for your life’