Children at Miandetta Primary School are encouraged to be active before school, at recess and lunch time. Equipment is provided to facilitate this and our extensive grounds give endless opportunities for our students to be actively engaged in play.

Miandetta Primary has a bike rack and we encourage children to walk or ride to school. Each term, an event takes place that highlights this aspect of the Move Well Eat Well Program.

Miandetta Primary School supports being active with many different experiences such as PE lessons, Daily P.E. sessions, a Prep–Five Swimming program and involvement in Sports Expos.
Move Well Eat Well

Move Well Eat Well is a state-wide initiative funded under the Australian Better Health Initiative (ABHI) and managed jointly by the Department of Health and Human Services and the Department of Education.

Move Well Eat Well promotes a healthier Tasmania in which children can enjoy healthy eating and physical activity every day. It contributes to a healthy lifestyle and to the prevention of a range of chronic conditions such as obesity, diabetes, heart disease, some cancers and dental decay.

The Move Well Eat Well Award is being offered to Tasmanian primary schools in 2009 for the first time.

Similar to SunSmart, schools are supported to meet key criteria which reinforce healthy eating and promote physical activity.

The Move Well Eat Well Award Program is a comprehensive, straightforward guide to creating a healthier environment for children.

The Award is made up of six healthy messages:

- Tap into Water Every Day
- Plant Fruit & Veg in Your Lunchbox
- Limit 'Occasional' Foods
- Move, Play and Go
- Turn Off Switch to Play
- Stride and Ride.

The seventh Health Promoting School criteria ties the Move Well Eat Well messages together to promote lasting change and link with families.

(From the Move Well Eat Well website)


Move Well Eat Well at Miandetta.

At Miandetta Primary, we encourage children to drink water as their primary source of fluid intake. Water bottles are permitted on desks in the classroom all day. Children are encouraged to drink more during warm weather and when doing PE activities.

Teachers encourage children to eat fruit and vegetables; students are permitted to eat these items during school time primarily after recess.

Occasional foods are restricted at our school. Food rewards are not used and we consider our Move Well Eat Well policy when conducting fund raising activities and developing our lunch days menu.