

HEALTHY EATING

POLICY

Rational:

- A healthy lifestyle is vital to good health at all stages of life but especially in childhood. It is during childhood particularly in the primary school years, that children develop lifestyle habits that can last a life time. It is also at this stage that major growth and development occurs, to which nutrition and a well balanced diet is fundamental.

Aims:

- To develop within students an informed appreciation of healthy eating habits, both at school and at home.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
- To teach children the importance of “everyday and sometimes” foods.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy, as per Education Department guidelines.
- Lessons relating to healthy foods and healthy eating will form part of each child’s annual Health & Physical Education curriculum studies.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local dairy industry promotions.
- Healthy foods and drinks will be available to all students at activities such as sporting events.
- The Principal will ensure that a supply of drinkable water is available at school at all times.
- At least once a year the whole school will focus upon a theme of healthy foods.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons.
- All children will partake in a supervised fresh fruit/vege break at 10.00am.
- Fund raising activities will not solely focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg chocolate drives but will also work within the balance of “everyday”, “sometimes” and “occasional” foods.
- Staff are to inform the Principal/Welfare officer of students who appear to be provided with inadequate lunches.
- Class parties/special occasions will reflect a balance of everyday and sometimes foods.
- All foods consumed on camps and on excursions will comply with a healthy eating guideline, reflecting a balance of everyday and sometimes foods.
- Take away foods eg KFC, McDonalds and deep fried items are not to be eaten in the school grounds. Soft drinks, cordial and Primas are also not allowed.
- Products such as chocolates, Mars Bars and other snack foods typically found in the confectionary section are not permitted at school by students.
- Friday lunch orders will consist of foods in line with the healthy eating policy and may offer sometimes and occasional foods two to three times a term.

This policy was last ratified by School Council in....

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