

# HEALTHY EATING POLICY

## PURPOSE

Healthy nutritional habits are essential to the growth and development of children.

## POLICY

- Develop within students, an informed understanding and appreciation of healthy eating habits.
- Promote healthy eating within curriculum and school programs.
- Ensure that any foods provided by the school are consistent with the Victorian Health Prevention Program. For further information on this initiative go to [www.health.vic.gov.au/prevention/achievementprogram.htm](http://www.health.vic.gov.au/prevention/achievementprogram.htm)

## GUIDLINES

### Students

- Students will have access to their own water bottles during class lessons and to water fountains at play times.
- Students are not permitted to bring sweet, fizzy drinks to school.
- Students will have opportunities to eat healthy foods such as fresh fruits and vegetables during class time if required.
- Students will be encouraged to bring healthy food options in their lunch boxes, i.e Nude Food days.
- Students will not be permitted to share their personal food items with other children in the classroom or in the school yard.
- Class parties may be organised to celebrate special occasions and/or achievements but must ensure a healthy food menu is planned.

### Staff

- Staff members will be expected to model healthy eating habits whilst at school.
- Lessons relating to healthy foods and healthy eating will form part of each child's Health & Physical Education curriculum studies.
- Consideration will be given to students who have or may have food allergies.
- Teacher rewards for recognition of excellent efforts for individual students or whole class efforts must not be related to food items.

- Parents/Guardians must be informed in writing of what food items their child is required to bring from home for class parties.

#### **Parents/Guardians**

- The development of appreciation of healthy foods and healthy eating habits forms part of the school's 'Health and Prevention' program implementation and support from parents/guardians is expected.
- Parents/Guardians may be encouraged to provide fruit or non-food items for their children's birthday celebrations within classrooms.
- Chips, fried foods, confectionary and high sugar drinks are not sold through the school canteen and families are discouraged from bringing these food items to school or distributing these items to other children on school premises.
- Parents will consider the possibility of food allergies within the classroom and cater accordingly in consultation with staff.

#### **IMPLEMENTATION**

- The school will involve itself in local strategies designed to promote healthy foods, for example, having a vegetable garden that allows students the opportunity to be involved in growing vegetables and using these vegetables in eating or cooking.
- Fundraising activities will not focus on the promotion of unhealthy foods that do not complement the school's healthy foods philosophy.
- The school canteen will promote a good selection of nutritious, tasty and attractive foods in accordance with the 'Health and Prevention' program guidelines.
- The canteen coordinator will ensure that all foods served at the canteen comply with School Council's approval.
- In the event that there is a child in a classroom who has potential for anaphylaxis then a letter will be sent home by the school to all class members and the adjoining classroom to inform parents that certain identified ingredients will not be permitted in the classroom.
- Families are to be informed of updated information related to the importance of making healthy choices and healthy eating is to be promoted via the newsletter, classroom activities and school displays.

#### **REVIEW**

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