

Overport Primary School

HEALTHY FOODS

POLICY

Rationale:

- Healthy nutritional habits are essential to the behaviour, learning, growth and development of children.

Aims:

- To guide our students to make informed healthy eating decisions.
- To ensure that any foods provided by the school reflect the *Dietary Guidelines for Children and Adolescent in Australia* (National Health and Medical Research Council 2003).
- To develop an awareness for our students and families of healthy, everyday foods and the nutritional needs of their bodies.

Implementation:

- Develop an appreciation of healthy foods through incidental daily activities.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual curriculum studies.
- Students will be involved in food related activities to raise awareness of, and promote healthy foods, for example growing food in the school vegetable garden, planning meals and cooking.
- The canteen coordinator will ensure that all foods served at the canteen comply with the *School Canteens and Other School Food Services Policy* (Department of Education and Training, 2012).
- The canteen coordinator will use coloured 'smiley face' symbols on the canteen menu to indicate every day, occasional and select carefully food options.
- The school canteen will offer a variety of nutritious foods, on a menu which changes regularly.
- Students will be encouraged to consume healthy foods and drinks at school at all times including at outside activities such as sporting events and excursions.
- The school will ensure that a supply of drinkable water is available at the school at all times.
- 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, and have permission to eat fruit and or vegetables during designated 'fruit break' time, unless it is deemed by the classroom teacher to be inappropriate to do so.
- The school will actively encourage parents to provide healthy foods for their children's lunch and snack times.
- Class teachers will contact parents or caregivers to express concerns regarding the nutritional content of lunchboxes.
- Staff are to inform leadership of any students whom they have ongoing concerns with regarding the provisions of adequate, healthy food.

Evaluation:

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

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

October 2015