



Healthy Eating

POLICY

RATIONALE

Healthy eating and drinking habits are essential to the growth and development of children as well as contributing to their ability to learn at school. This policy aims to build a positive attitude and approach to healthy eating within the school. This policy encompasses the areas of school curriculum, PFA, canteen, parents & staff.

AIMS

- To develop within students and the broader school community an informed appreciation of healthy eating habits.
- To ensure that the majority of foods provided by the school and/or within the school environment are consistent with a healthy eating philosophy.
- To ensure that the fundraising committee and the PFA consider this policy and the Healthy Eating Guidelines when arranging events.
- To consider the needs of all students with specific dietary requirements (eg anaphylactic, religious beliefs).

IMPLEMENTATION

- 1.1 Lessons relating to healthy foods and healthy eating will be incorporated into the Health & Physical Education curriculum studies.
- 1.2 Parents are encouraged to provide lunches and snacks that meet the *Australian Dietary Guidelines*.
- 1.3 Families are encouraged to be involved in healthy eating initiatives at school and will be provided with information, ideas and practical strategies to promote and support healthy eating at school and home.
- 1.4 Each class may have a class celebration towards the end of Term 4 where students can bring celebration foods to share.
- 1.5 The school is not a nut-free zone but fosters a culture of allergy awareness. Due to the presence of students with allergies, students are not to share their food, unless on the designated food celebration day.
- 1.6 Families will be asked to not provide food to share with other children for birthdays and other celebrations, unless on the designated food celebration day. Teachers will use their discretion to select a non-food related classroom birthday celebration.
- 1.7 Families are not to provide food (including sweets of any kind) to other students on the school grounds, unless on the designated food celebration day.

- 1.8 The school will support the Canteen providers to promote a good selection of nutritious, tasty and attractive foods and take in to consideration advice from the *Healthy Eating Advisory Service* (VicHealth program delivered by Nutrition Australia Victorian Division).
- 1.9 Fundraising activities involving discretionary foods (ie foods that do not fit into the five core food groups of the *Australian Dietary Guidelines*) to be limited to a maximum of one per term.
- 1.10 Staff are to inform a member of leadership of students who appear to be regularly provided with inadequate lunches. The school is able to provide emergency lunches to children at a nominal cost.
- 1.11 Staff members will recognise they are role models and will be encouraged to model positive healthy eating habits at school.
- 1.12 Food and drink will not be used as a student incentive or reward at any time.
- 1.13 The school will support the before and after school care programs to promote and reinforce the school healthy eating policy and promote healthy choices through offering variety of food with good nutritional balance based on the *Australian Dietary Guidelines*.
- 1.14 The principal will ensure that a supply of drinkable water is available at the school at all times and water is encouraged to be the primary drink at school.
- 1.15 Any sponsorship, advertisements or marketing of food and drinks within the school are encouraged to be consistent with the school's Healthy Eating Guidelines.

EVALUATION

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

References

Australian Dietary Guidelines, <https://www.nhmrc.gov.au/guidelines-publications/n55>

Guidelines

Please refer to the *Port Melbourne Primary School Healthy Eating Guidelines* for information and guidance in relation to implementing this Policy.

Ratified by School Council: **October 2016**

Review due: **October 2019**