

HEALTHY FOODS

POLICY

Rationale:

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

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Curriculum.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual curriculum studies.
- The school will involve itself in local strategies to promote the knowledge of healthy foods e.g. schools green patch.
- The school canteen when in operation will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Dietary Guidelines for Children and Adolescents – 2013
- The canteen coordinator will ensure that all foods served at the canteen comply with the State Governments approved healthy foods list.
- The school will look to allocate a day to encourage healthy eating each term.
- The canteen will not sacrifice healthy foods for the sake of profits.
- The principal will ensure that a supply of drinkable water is available at the school and sporting events at all times.
- At least once per 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.
- Fundraising activities will be limited on the promotion of 'sometimes' foods that do not always complement our healthy foods philosophy e.g.: chocolate bars or lamingtons and will be documented on the schools yearly fundraising calendar.
- Staff are to inform the principal of students who appear to be provided with inadequate lunches on a regular basis.
- The school will actively discourage takeaway food such as McDonald's, Hungry Jacks, Fish & Chips etc

Evaluation:

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