WHOLE SCHOOL HEALTHY EATING POLICY

Approved by School Council: October 2014
Review date: October 2017

Rationale:

Glenroy Central Primary School is committed to nurturing healthy eating habits within the school community. This can be facilitated through a whole of school approach to healthy eating. Healthy eating has a long lasting and positive impact on a child’s growth, development, health and wellbeing. It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Healthy eating will maximise a child’s concentration and ability to learn. The school environment has a significant influence on children and their families. As a school and its wider community we will aim to develop a positive attitude to Healthy Eating through the curriculum, food provision and links with families and the community.

Relevant Policies:

This policy document is supported by the following existing school polices and documents within the school:

- Annual Implementation Plan
- School Strategic Plan
- Curriculum documents relating to healthy eating and physical education
- DET School Canteen and Other Food Services Policy
- Student Engagement and Inclusion Policy
- Sun Smart Policy
- The Birthday Policy

Aims:

- To encourage an enjoyment of healthy eating and drinking habits within our school and wider community.
- To reinforce healthy eating practices across the school curriculum
- To ensure that all aspects of food and nutrition in the school promote health and wellbeing of students, staff and visitors to our school.
- To equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life.
- To equip parents with the appropriate knowledge and skills to enable them to assist their child to adopt healthy eating practices.
- To encourage the whole school community to be responsible for their own health, this in turn, promotes a positive attitude to healthy eating habits.
- To improve students health and wellbeing; this should translate to improved educational outcomes for all students at Glenroy Central Primary School.
Implementation:

The school will incorporate the Healthy Eating benchmarks from the Victorian Prevention and Health Promotion Achievement Program for Primary Schools and will also be guided by the relevant ‘Kids Go for your Life’ key messages.

- All students are to only bring water to the school. Students are encouraged to have only their water bottles on their tables and are encouraged to drink water throughout the day.
- Students have access to drinking taps strategically placed throughout the school to use during the day.
- Staff members have access to filtered water to fill up their drink bottles in the staffroom.
- Students develop knowledge related to the benefits of drinking water during Integrated Curriculum lessons.
- The school promotes and encourages the drinking of water and the importance of healthy eating with articles in the newsletter.
- When establishing a Canteen Menu the school will have their menus assessed by the Victorian Healthy Eating Advisory Service. The feedback received will be based on the Victorian Department of Education and Training School Canteens and Other School Food Services Policy.
- The school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines.
- Food and drink are not used as an incentive or reward at any time.
- The students are provided with a positive eating environment with relaxed, social and enjoyable experiences.
- Teachers plan curriculum using DET documents to provide instruction on the importance of eating a variety of foods and develop an understanding of the role of a healthy food intake.
- 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.
- The school has a designated supervised eating time at lunch time to ensure students eat their lunch. This also gives the teacher the opportunity to observe food choices.
- The school will continue to conduct ‘Parent Nutrition’ sessions to help families to gain the information necessary to provide healthy lunchboxes and snacks.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Fund raising activities will not always focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Staff are to inform the principal of students who appear to be provided with inadequate lunches.
- No hot take away food will be allowed to be dropped in for students at lunchtime or recess.
- Parents will be provided with a copy of this policy on enrolment, informed of its content and will be asked to sign a document indicating that they understand and agree to follow the school’s policy.
- Only one treat is permitted at school such as one snack size chips or biscuits.
- Healthy lunches need to be balanced and should include fresh fruit, crunchy vegetables (such as celery and carrots) and a combination of protein (such as hardboiled eggs), dairy (such as cheese sticks) and starchy foods (such as bread or pita bread).

Evaluation

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