

Healthy Eating Policy

Rationale

Foods eaten at school contribute significantly to students' daily nutrient intake and also have a considerable influence on the development of their eating habits, growth patterns and energy levels. It is important that parents, teachers and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle

Aims

- To support students to make healthy food choices at school and through life by developing nutritional habits which are essential to the growth and development of children
- To work towards ensuring any foods provided by the school are consistent with a healthy eating philosophy

Implementation

- Children will be encouraged to bring only healthy food to school, for snacks and lunch
- In line with the school's Anaphylaxis Policy school community members are not encouraged to bring nuts to school
- Healthy foods and healthy eating will be included as part of the Health & Physical Education curriculum
- Students will be encouraged to bring a water bottle each day to drink during class. Water bottles must not contain drinks such as cordial juice or sports drink – water is the only acceptable drink
- Staff members will be encouraged to model healthy eating habits
- Students will be encouraged to bring healthy snacks as brain food (fresh fruit and vegetables) to snack on during class unless it is deemed by the teacher to be inappropriate to do so
- All students will be educated on the importance of not sharing food or water bottles
- Confectionery (e.g. lollies and chocolate) and high sugar drinks (e.g. soft drinks and energy drinks) are not to be brought to school
- Confectionery and sugar drinks will be confiscated from students until the end of the day and an alternative will be offered depending on availability (e.g. a sandwich or fruit)
- **Fish & chips, McDonalds, KFC etc are not to be brought to school.** Approval will be sought from School Council for whole school end of term special lunches (e.g. movie and fish & chips)
- The school will support students where possible with providing sandwiches and fresh fruit and vegetables
- Families are informed of the healthy foods policy and are provided with information to meet this policy requirement through information evenings, school information booklet and newsletter.
- Eaglehawk Primary School encourages 'nude food' lunch boxes.

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 2016