

# HEALTHY EATING POLICY

## Rationale:

Kerrimuir 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.

## 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 Kerrimuir Primary School.

## Implementation:

\* Families are encouraged to provide healthy food for their child to bring to school. This can be eaten over the three eating times: fruit break/fruit break, recess and lunch.

**\*'Brain food' & Water:** All students are strongly encouraged to bring brain food and a water bottle daily. Suggestions for brain food include fruit and veggies such as a banana, carrot sticks, celery sticks, cherry tomatoes, apple, pear or grapes.

**Fruit and vegetables that can be eaten in one hand with minimal mess are preferred.** Healthy snacks and lunches are encouraged, as is food without wrappers/packaging to reduce the amount of rubbish we produce.

- \* 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 the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines.
- \* When establishing a Canteen Menu the school choose 'sometimes' food which parents may allow students to purchase at their discretion.
- \* Balanced Living Catering is the supplier for our lunch orders. Orders are delivered to school on Wednesdays and Fridays, transported using sealed reusable, thermally insulated 'hot bags', to ensure they arrive at just the right temperature. Balanced Living offers a comprehensive lunch menu, with plenty of nourishing, locally sourced, wholesome food.
- \* 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. Recess eating time and lunch eating time provided. No wrappers or food to be taken outside.
- \* 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.
- \* Teachers integrate healthy eating, nutrition and healthy drinking education into all year levels through the provision of learning opportunities as outlined in the Victorian Curriculum:
  - Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- \* Staff will have a discussion about being mindful of healthy activities when they are planning classroom lessons using food. The food being used or prepared with be communicated to parents prior to the activity.
- \* 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.
- \* Staff members will be encouraged to model healthy eating habits whilst at school.
- \* Staff at their discretion may give out **Easter eggs**; and are of course an '**sometimes**' food enjoyed as part of the Easter occasion!
- \* 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.
- \* No hot take away food will be allowed to be dropped in for students at lunchtime or recess.

Date: February 2022

Ratified:

Review Date: February 2023

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\*Birthday celebrations: while there is no expectation that you provide something, if you wish to provide something for your child's birthday, the following items are suggested and may be provided and given out to their class members.

- An individually wrapped confectionery such as a Freddo frog or lolly
- A mini cupcake, honey joy, chocolate crackle
- An item such as stamps, or bubbles

Lolly bags and gifts are to be saved for parties outside of school times.

\*Some students may require special diets for medical reasons. Medical conditions that have special dietary requirements include diabetes, coeliac disease and anaphylaxis. Teachers and other school food providers need to be aware of students with these medical conditions and make provision for them where possible when providing food.

**Evaluation:**

This policy will be reviewed as part of the school's three-year review cycle or more often if necessary due to changes in regulations or circumstances.

Dated:

Ratified:

Review Date: