



## RATIONALE

- Healthy nutritional habits are essential to the growth and development of children.
- Healthy eating promotes learning, better concentration, behaviour, healthy growth and development, strong bones, healthy weight, healthy teeth and more.

## AIMS

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

## IMPLEMENTATION

- An appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
- Healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- As part of the Quality Beginning Program the whole school will include a health focus.
- "Brain food" will be introduced across all areas of the school. Brain Food will consist only of raw fruit and vegetables.
- Students will have access to their own water bottles during class lessons, and have permission to eat Brain foods during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- Staff are to inform the principal of students who appear to be provided with inadequate lunches.
- At sporting events and when on excursions children will be encouraged to bring water and healthy food choices.
- At camps, excursions and sleepovers children will not be able to have treats, i.e. sweets or lollies. These may be supplied when appropriate by staff.
- The school canteen will promote healthy eating at all times. The menu will be divided into everyday and sometimes foods, and treats consistent with government guidelines.
- The canteen coordinator will ensure that all foods served at the canteen comply with the government's approved healthy foods list.
- The canteen will not sacrifice healthy foods for the sake of profits.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Fundraising activities when selling food, will acknowledge whether these are sometimes foods or treats, in line with our philosophy on healthy eating.
- 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 community will have access to information regarding healthy eating habits.

## EVALUATION

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