

## Brain Food Policy

### Rationale

Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth, weight and lifelong health and wellbeing. Healthy eating is particularly important at times of rapid growth and development, which includes the school years.

The regular intake of healthy foods and water enable the body and brain to function at peak performance, without the usual highs and lows that typify fluctuating energy levels brought about by irregular eating and drinking.

Ormond Primary School community supports students to develop healthy habits by promoting access to healthy choices during learning time, as per the *Dietary Guidelines for Children and Adolescents (2013)*.

**Definition:** Brain Food is defined as fresh fruit and vegetables only.

### Aims

- To maximise learning potential for all students by allowing them to graze on healthy foods and water throughout the school day with teacher discretion.

### Implementation

- Our Brain Food program is available to all students in all classrooms throughout the day with teacher discretion.
- When students are participating in a specialist program it may be impractical or unsafe to have brain food. On returning to their classroom students will be provided with time to eat brain food.
- All students will be encouraged to participate in the Brain Food program, but students are not required to be involved.
- All classrooms will encourage students to bring clearly named water bottles into the room and students will be given unlimited access to water throughout the day. Water bottles must not contain drinks such as cordial or juices or sports drinks. **Water is the only acceptable Brain Food drink.**
- Students will be encouraged to bring healthy snacks into the classroom, which they will be encouraged to eat throughout the day or at a specific time determined by the teacher. Brain Food must be in a clearly named plastic container or bag and require NO cutting or preparation.
- Foods *must not contain nuts*.
- All students will be taught the importance of not sharing foods or water bottles.
- Links to classroom and other school activities to compliment and reinforce healthy eating messages and supportive information will be provided to staff, students and families.

### Review

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

### Related Policy

Healthy Eating Policy  
Staff Induction Policy

### References:

Dietary Guidelines for Children and Adolescents in Australia (National Health and Medical Research Council 2013)

[www.health.gov.au/nhmrc/publications/\\_files/n30.pdf](http://www.health.gov.au/nhmrc/publications/_files/n30.pdf)