

# Healthy Eating 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.

We, the Ormond Primary School community can help students develop healthy habits to live, learn, grow and play, by promoting healthy choices, through its curriculum, school environment and ethos.

## Whole of school:

It is recognised that every member of Ormond Primary School community impacts on our student's health and can contribute to creating an environment that promotes healthy eating and physical activity.

All members of our school community including staff, students, parents and volunteers have a role to play and will be encouraged and supported to meet this policy.

## Aims

- To encourage students to develop the knowledge, skills and attitudes which enable them to make healthy eating choices.
- To promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every student's day.
- To maximise learning potential for all students through appropriate snack breaks and access to drinking water.

## Implementation

- The school will encourage and promote healthy food choices and eating practices through curriculum and communication with the school community. *Dietary Guidelines for Children and Adolescents (2013)* and the *Department of Education's School canteens and Other School Food Services Policy (2012)*.
- Students will be encouraged to bring healthy snacks and lunches and clearly named water bottles to school for consumption during the day. The school has a strategy in place to encourage all students to eat fruit and vegetables while at school. (refer to *Brain Food Policy*).
- Students will be encouraged to drink water and will be provided with water throughout the day. Water is the only acceptable drink during class time.
- Staff concerned about food choices may speak with parents or carers.
- The school will choose a lunch-order provider who will supply food that is consistent with that outlined in the "*Healthy Canteen Kit*"; *School canteens and Other School Food Services Policy (2012)* and the *Dietary Guidelines for Children and Adolescents (2013)*.

In summary:

- Foods categorised as 'Green' (Everyday Foods) being offered daily and dominating the menu
- Foods categorised as 'Amber' (Select Carefully Foods) not dominating the menu and healthier options being offered.

- Foods categorised as ‘Red’ (Infrequent foods)
- Offering a range of foods that take into consideration the school’s multicultural enrolment and dietary requirements.
- The school and staff are encouraged not to provide confectionary or drinks containing high levels of sugar or caffeine as recommended by *The Dietary Guidelines for Children and Adolescents* (2013).
- The promotion of food for fundraising activities will reflect the nutrition principles outlined in the “*Healthy Canteen Kit*”; *School canteens and Other School Food Services Policy* (2012) and the *Dietary Guidelines for Children and Adolescents* (2013) and support the Victorian Curriculum’s Health and Physical Education Standards.
- A reminder of this policy or supporting documentation outlining this ethos, will be communicated to all Ormond Primary Community members at the beginning of each school year.

### **Review**

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

### **Related Policy**

Brain Food Policy

Communication of Policies

Staff Induction Policy

### **References:**

Healthy Canteen Kit (Department of Education and Early Childhood Development 2012)

<https://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>

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))