

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.
Australian Dietary Guidelines (NHMRC 2013) and the Department of Education's Canteens, Healthy Eating and Other Food Services policy.
To support our students to have the energy and focus to learn, play and thrive at school the school will adopt the "Vic Kids Eat Well" initiative.
- 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*"; *Canteens, Healthy Eating and Other Food Services Policy* and the *Australian Dietary Guidelines*.
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 *Australian Dietary Guidelines*.
- The promotion of food for fundraising activities will reflect the nutrition principles outlined in the “*Healthy Canteen Kit*”, *Canteens, Healthy Eating and Other Food Services Policy* and the *Australian Dietary Guidelines* and support the Victorian Curriculum’s Health and Physical Education Standards. “*Foods and drinks in the Occasionally category are not consistent with the Australian Dietary Guidelines and are not recommended for school food services and should be limited to two no more than two occasions per term.*”
- 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.

Related Policy

Brain Food Policy
 Communication of Policies
 Staff Induction Policy

References:

- Canteens, Healthy Eating and Other Food Services policy: DET
<https://www2.education.vic.gov.au/pal/canteens-and-healthy-eating/policy>
- Healthy Canteen Kit (Department of Education and Early Childhood Development)
<https://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>
- Australian Dietary Guidelines
<https://www.eatforhealth.gov.au/guidelines>

Review

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

Policy last reviewed	October 2019
Approved by	Principal School Council
Next scheduled review date	2025

Ratified by School Council October 2022