

## **Rationale:**

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

## **Aims:**

- To maximise learning potential for all students by allowing them to graze on healthy foods and water throughout the school day.
- To educate students in respect of, and encourage, healthy eating.

## **Implementation:**

- The school will promote a healthy eating (“Snack Smart”) program.
- All staff will be provided with basic training regarding the advantages and implementation of a Snack Smart program.
- Our Snack Smart program is available to all in all classrooms throughout the day.
- All students will be invited to participate in the Snack Smart program but it is not compulsory.
- The advantages of the Snack Smart program will be regularly detailed in the newsletter.
- All classroom teachers will encourage students to bring clearly labelled water bottles into the classroom and students will be given ready access to water throughout the day.
- Water bottles must not contain drinks such as cordial, juices or sports drinks – Water is the only Snack Smart drink.
- Students will also be encouraged to bring healthy snacks into the classroom and they will be encouraged to eat these snacks throughout the day.
- Snack Smarts must be in clearly named containers.
- Snacks must not require cutting or extra preparation, must not be messy nor contain nuts.
- All fruit and vegetables should be in bite size pieces.
- All students will be coached in the importance of not sharing foods or water bottles.
- Typical Snack Smart foods include dried apricots, sultana, carrots, etc.

## **Renewal and Approval:**

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