



HEALTHY EATING POLICY

RATIONALE

Nutrition is important to health through life and it is particularly important at times of rapid growth and development, which include the school years. The school places value on healthy eating practices. In addition to providing nutritious foods, the lunch order service has an important health promoting, educational and socio-cultural role within the school to reflect this value.

AIMS

- Promote and encourage healthy food choices.
- Provide an enjoyable, nutritious and attractively presented selection of foods and drinks at reasonable prices.
- Encourage courtesy, consideration and patience among all personnel using the lunch order service.
- Provide a healthy and affordable lunch order service every day of the school week.
- Promote and provide consideration for special dietary requirements.

IMPLEMENTATION

- ❖ The development of an appreciation of healthy foods and healthy eating habits is a part of our Health Promoting School strategy.
- ❖ The school will provide adequate time for students to eat snacks and lunch.
- ❖ Lessons relating to healthy foods and healthy eating will form part of each child's annual Health and Physical Education curriculum studies.
- ❖ The school will involve itself in local strategies to raise an awareness of, or to promote healthy foods, eg Healthy Eating Challenge
- ❖ The school lunch order provider will promote a good selection of nutritious, tasty and attractive foods in line with the *Dietary Guidelines for Children and Adolescents in Australia* and the Department of Education and Training.
- ❖ The Health and P.E. team along with school leadership will ensure that all foods served from the lunch order provider comply with the 'Go For Your Life – Healthy Canteen Kit' from the Department of Education
- ❖ The principal will ensure that a supply of drinkable water is available at the school at all times.
- ❖ At least once per year the whole school will focus upon a theme of healthy foods guided by the HPE team.
- ❖ Staff members will be encouraged to model healthy eating habits whilst at school.
- ❖ Students will have access to their own water bottles during class lessons and have permission to eat healthy snacks during class time unless it is deemed to be inappropriate by the classroom teacher.
- ❖ Staff are to inform the principal and/or the welfare co-ordinator of students who appear to be provided with inadequate lunches and appropriate action will be taken

EVALUATION

This policy will be reviewed as part of Windsor Primary School three year review process.