



OAK PARK PRIMARY SCHOOL HEALTHY EATING POLICY

RATIONALE

Good nutrition is a critical part of every child's short and long-term health, as well as their physical and cognitive development. Healthy eating habits learnt during childhood are usually maintained throughout life and these healthy behaviours can help to reduce the risk of diseases such as obesity, diabetes, iron deficiency, anaemia and dental caries throughout life. The school can play an integral role in supporting our community to promote lifelong healthy eating.

To have a common understanding of what defines 'healthy food' and to ensure the school community have the same reference points for what this policy is aspiring towards, the following link is used as a reference point to explain 'red', 'amber' and 'green' foods:

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

AIMS

1. To promote healthy eating and drinking habits.
2. To provide a supportive environment for healthy eating.
3. To provide consistent and supportive messages to encourage good nutrition.
4. To provide nutrition education through classroom program planning within the Victorian Curriculum Framework.
5. To develop partnerships with parents that encourage healthy eating choices.

IMPLEMENTATION

- Any classroom, school or fund raising activity involving food will be considered with reference to this policy and will need to be approved by either the Principal or School Council.

- The Principal and School Council will audit and monitor throughout the year the categories of food (red, amber and green) that are being offered to the students and community.
- Students are encouraged to eat healthy food during supervised scheduled eating times through positive reinforcement and discussion.
- Students are allowed to have access to water bottles, vegetables and fruit during class time at the teacher's discretion.
- Students are given the opportunity to display and post nutritional food messages when involved in Challenge Based Learning activities that focus on Health.
- No food or soft drink vending machines are to be placed on the school site.
- School Council will liaise with the Lunch Order Service to ensure that a choice of healthy foods are available for purchase.
- When using food for instruction or incentives in the classroom, teachers must consider options from a suggested healthy snack list and notify parents of special events where food is brought in.
- Teachers will use other options for instruction/incentives rather than food items. Attention to individual student allergies and health care plans within the class population is required.
- Organisers will ensure that fundraising activities that involve food will also include healthy options whenever possible. All foods must have the approval of the Principal/School Council.
- Health and nutritional education will be a regular part of the school curriculum.
- The school has implemented a "No Food Sharing" Practice. This includes no food sharing for birthday celebrations. Teachers will negotiate alternatives to the sharing of food for birthdays.
- Classroom celebrations must ensure and encourage the inclusion of healthy eating options where - ever possible.
- Students will be encouraged to bring a Rubbish Free Lunch as packaged foods often contain high levels of sugar, sodium and fat.
- The school will regularly post healthy eating tips to parents via the school's newsletter.

EVALUATION

The Healthy Eating Policy will be reviewed every 3 years or more often if necessary due to changes in regulations or circumstances.