| **ELTHAM NORTH PRIMARY SCHOOL No 4212** **POLICY MANUAL** |
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| **POLICY NO. 5.25**  | **TOPIC: HEALTHY EATING AND** **NUTRITION POLICY** | **Page 1 of 1** |
| **PREAMBLE:** Healthy eating has a long lasting and positive impact on a child’s growth, development and health. It contributes significantly to maintaining healthy weight, quality of life, good physical and mental health throughout life, resistance to infection, and to protection against chronic disease. A healthy diet can improve behaviours critical to educational success and performance at school. The school environment has significant influence on children and their families. As a school and its wider community we aim to develop a consistent approach and positive attitude to healthy eating across the whole school including the curriculum, food provision and links with families and the community. **PURPOSE:** To encourage families to provide healthy food and drink choices. To encourage an enjoyment of healthy eating and drinking habits within our school and wider community. To equip students with the appropriate knowledge to enable informed dietary choices. To ensure that all aspects of food and nutrition in our school will promote health and well being of pupils, staff and visitors to our school. To enable students, parents and staff to choose healthier meals and snacks for school. This policy will support the school to meet the requirements of the Healthy Eating and Oral Health Benchmark. **GUIDELINES FOR IMPLEMENTATION:** 1.1 The healthy eating policy will cover the following areas: snacks and lunch; teachers and curriculum; sponsorship and fundraising; family and community; celebrations and special lunches/events; incursions and excursions/camps; special dietary requirements; links to Before School Care (BSC) & After School Care (ASC) 1.2 Healthier packed lunches will be promoted and measures taken to promote safe storage. 1.3 Students and staff will have access to drinking water. Students and staff will be encouraged to drink water throughout the day and sports type bottles are permitted in lessons where there is no safety hazard. Safe drinking water points have been identified throughout the school and drinking fountains have also been installed. 1.4 Parents and students will be encouraged to think about hygiene and food safety issues in relation to water bottles and packed lunches etc The school will endeavour to provide further guidance and reinforcement about handling of food when necessary. 1.5 Healthy eating and nutrition are incorporated into the school curriculum at all year levels. 1.6 Staff will be encouraged to model healthy eating behaviours. 1.7 Fast food vouchers, high sugar or high fat foods and confectionery are not given to students as rewards. 1.8 A fruit and veg break is offered to students during the first two sessions while the children work. 1.9 The inclusion of fruit and vegetables in everyday lunchboxes is promoted. 1.10 The sale of ‘discretionary occasional choices’ will be strictly controlled and limited as fundraising activities. For the purpose of this policy, ‘discretionary occasional choices’ are foods and drinks that don’t fit into the five core food groups (Australian Dietary Guidelines 2013), and are not an essential part of our diet - so their intake should be limited. These foods and drinks are high in kilojoules, saturated fat, added sugars and/or salt, and provide very few nutrients (e.g. vitamins, minerals or fibre), such as soft drinks, sports and energy drinks, confectionery, chocolate, chips, donuts, ice cream, deep fried foods and savoury snack foods. PFA will follow guidelines each term to ensure they operate events within the schedule. 1.11 Celebration of birthdays: Preamble: Mid year 2015, as part of a comprehensive survey about healthy eating, parents were asked, *“should the school continue to allow children to celebrate special occasions ie birthdays with treats such as lollies and cakes in the classroom?”* Of the 150 families who responded, 72% indicated = ‘yes’. 14% = ‘undecided’ and 14% = ‘no’. This result is viewed as an indication that families seek to continue to have treats shared. But the school intends to operate in line with recent Australian Nutrition Guidelines and adhere to them. Our nutrition and healthy eating policy takes into account the concern about the increasingly large number of students with life-threatening allergies. As a result, the giving and sharing of non healthy food items to celebrate children’s birthdays in class is not encouraged. Parents are strongly encouraged not to bring non-healthy confectionery as a treat. In particular ie lollies and soft drinks. Instead, parents are strongly encouraged to bring healthy and non food items. Healthy home made food from home should be labelled with its ingredients. The school protocol is established at the commencement of the year. Parents fill out an approval document about birthday celebrations. They are asked to indicate if they wish for their child to participate in birthday celebrations. ie for children in the class to partake in the eating of food items as treats. ie lollies, cakes etc. or not. Those that do not wish for their child to be involved can provide healthy and non food items to the teacher, that can be given to their child and others. Ie balloons, pencils, song, sticker, special seat for the day. To encourage inclusion, children with food allergies may join in and have items from their own ‘treat box’, that is supplied by the parent. 1.12 The schools food service provider ‘Classroom Cuisine’ will be audited twice a year and be encouraged to be in-line with  |

| the Department of Education and Training’s ‘School canteens and other food services policy’. 1.13 A relationship with our local Nillumbik dietician (health professionals) will be utilised and maintained. 1.14 Encourage child-involved cooking activities that are consistent with healthy eating practices. 1.15 Provide meal and snack times that are relaxed, positive, social occasions that contribute to good nutritional outcomes for children. 1.16 Ensure staff are appropriately trained and have knowledge on the daily nutritional requirements of children and that they are updated by the Nillumbik dietician each year. **PARENTS’ ROLE:** To support the policy and supporting programs. To assist children in understanding and taking responsibility for contributing to and maintaining a sustainable future. To assist children in participating in good nutrition habits and practices. **DOCUMENTS IN SUPPORT OF THIS POLICY:** School Canteen & Other Food Services Policy: http://www.education.vic.gov.au/school/principals/management/Pages/canteenfoodpolicy.aspxhttp://www.education.vic.gov. au/school/principals/management/Pages/canteenfoodpolicy.aspx http://www.education.vic.gov.au/school/principals/management/Pages/canteenfoodpolicy.aspx Safe Food Handling: http://www.education.vic.gov.au/school/principals/spag/governance/pages/foodhandling.aspxhttp://www.education.vic.gov.a u/school/principals/spag/governance/pages/foodhandling.aspx http://www.education.vic.gov.au/school/principals/spag/governance/pages/foodhandling.aspx Background to Healthy eating: http://www.education.vic.gov.au/school/principals/management/pages/canteenbackground.aspxhttp://www.education.vic.gov .au/school/principals/management/pages/canteenbackground.aspx http://www.education.vic.gov.au/school/principals/management/pages/canteenbackground.aspx The Australian Guide to Healthy Eating: http://www.education.vic.gov.au/school/principals/management/Pages/canteenguide.aspxhttp://www.education.vic.gov.au/s chool/principals/management/Pages/canteenguide.aspx (Suggest linking directly to the ‘Eat for Health’ pages rather than going via DET) Healthy Eating Approaches: http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/health.aspxhttp://www.education.vic.gov.au/scho ol/principals/spag/curriculum/Pages/health.aspx http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/health.aspx Healthy Eating Canteen Kit: http://www.education.vic.gov.au/school/principals/management/Pages/canteendown.aspxhttp://www.education.vic.gov.au/s chool/principals/management/Pages/canteendown.aspx School Confectionery Guidelines: http://www.education.vic.gov.au/school/principals/management/Pages/canteenconfect.aspxhttp://www.education.vic.gov.au /school/principals/management/Pages/canteenconfect.aspx http://www.education.vic.gov.au/school/principals/management/Pages/canteenconfect.aspx Healthy Eating: http://www.education.vic.gov.au/school/teachers/health/Pages/healthyeatingadvisory.aspxhttp://www.education.vic.gov.au/s chool/teachers/health/Pages/healthyeatingadvisory.aspx Get Up & Grow Resources: http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition resourceshttp://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition resources **Moving forward during 2016**: The Health Education Team will await information about approved guidelines from the following providers in respect to updating our policy and protocols. I \*\* Need to define using 5 Star Diagram (food labelling) Pyramid (Nutrition Aust), Aust Govt Dietary Guidelines 2012 Canteen & Other Food Services policy (traffic lights … green, orange and red, ie select carefully, occasionally) 2007. http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources |
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