

Healthy Eating

Rationale:

- Healthy nutritional and physical habits are essential to the growth, development and learning of children.

Aims:

To develop within students an informed appreciation of healthy eating and exercise habits.

To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

To ensure that children are provided with the opportunity to partake in physical activity at school.

To educate families about Healthy Lifestyle practices.

Implementation:

A Healthy Lifestyle Sub-committee will be formed with the purpose of creating and monitoring a sustainable healthier school community. This will consist of teachers, parents and friends of the school.

The development of an appreciation of healthy foods, healthy eating habits and regular physical activity form part of our Health Promoting School strategy. Lessons relating to healthy foods, healthy eating, benefits of regular physical activity and less screen time will form part of each child's annual Health & Physical Education curriculum studies, in accordance with the Victorian Essential Learning Standards.

The lunch provider will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Go For Your Life' – Healthy Canteen Kit' and Department of Education Canteen and Other Food Services Policy.

The Healthy Lifestyle Sub-committee will ensure that all foods served by the lunch provider will comply with the Department of Education Canteen and Other Food Services Policy and Healthy Canteen Kit.

Healthy foods and drinks will be available, where possible, to all students at activities such as sporting events, camps and excursions.

The school will ensure that a supply of drinkable water is available at the school at all times.

Staff members, parents, students, families and friends will be encouraged to model healthy lifestyles whilst at school. They are requested not to bring 'occasionally' foods as set out in the Department of Education Canteen and Other Food Services Policy and Healthy Canteen Kit, in particular chips, confectionary and fried foods. Where lunch box contents do not comply with the Department of Education Canteen and Other Food Services Policy and Healthy Canteen Kit, staff are to inform parents by placing a standard policy note in the lunch box.

Students will have access to their own water bottles during class lessons.

Students will have permission to eat healthy foods such as fresh fruit and vegetables during defined periods within class time.

The school will maintain compliance with the Department of Education's Physical and Sport Education in Schools policy.

Students will have access to play equipment and adequate play spaces at lunchtime and other breaks.

Fund raising and celebratory activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.

Appropriate healthy lifestyles (diet, physical activity and limited screen time) will be promoted with flyers and information via the newsletter.

Students will be encouraged to walk or ride to school where safe and appropriate

The school will promote walking or riding to school activities throughout the year

Students who have not participated in Bike Ed in year 4 should be accompanied by an adult when riding.

Evaluation:

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