

FOOD POLICY



Rationale:

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

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that most foods provided by the school are consistent with a healthy eating philosophy.

Implementation:

School Strategies and Programs

- The development of an appreciation of healthy foods and healthy eating habits
- The school will involve itself in strategies designed to raise an awareness of, or to promote healthy foods e.g. the School Council funded Fruity Friday and our own No Wrapper Days which is supported by the Junior School Council.

Curriculum

- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- The school curriculum will include the benefits of healthy foods, exercise and a healthy lifestyle.
- Every alternative year the school will focus upon a theme of healthy foods through the Life Education Van visits.

Eating and Drinking at School

- Students are able to eat "Brainy Bites" (fresh fruit and vegetables) and drink water during lessons.
- Students are to eat lunch in the classroom during designated eating times.
- If for any reason, students do not finish eating their food in the classroom during designated eating times, they are required to finish eating outside or take the food home.
- The children are encouraged to drink water at all times, no other drinks during class time.
- Carbonated drinks, cordials and energy drinks are not permitted and will be sent home.
- Staff are to inform the principal of students who regularly appear to be provided with inadequate lunches. Staff and the principal will discuss the situation and follow up with the family as deemed necessary.
- The school will be sensitive to the cultural food requirements of students and endeavour to cater to the requirements of individuals.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Where applicable, parents will be informed if a school activity includes food and beverage.

- When school lunches are offered by an outside provider, the school will regularly review and adjust the menu in accordance with our food policy.

Allergies *(Please refer to Anaphylaxis or Medication Policies)*

- Due to issues relating to anaphylaxis, allergies, diabetes, etc. students are encouraged not to give or swap food with other students.
- Parents are discouraged from providing nuts or nut products to their children for any reason, due to the serious consequences nuts pose for students with nut allergies.

Appendix A

Guidelines for Celebration Foods

- The school is more than happy to celebrate special occasions such as: class parties, birthdays, farewells, etc.
- Parents of children with allergies are encouraged to provide suitable non-perishable treats to be enjoyed when the class celebrate special occasions.
- A list of ingredients must be provided with the special occasion food.
- Parents who wish to send a celebration treat are strongly encouraged to provide items that can be served separately e.g. cup cakes or other individual serves rather than a large cake which needs to be cut up into many pieces.
- If lolly bags are sent to school for celebrations they will be handed out at the end of the day.
- Lolly pops on sticks should not be included at any stage for safety reasons.
- Healthy foods will be strongly encouraged for all celebrations.

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle in 2022 or before if required.