



Elwood Primary School No 3942

Scott St. Elwood 3184

Telephone 9531 2762 Fax 9531 5497

POLICY NO: 23 HEALTHY FOODS

November 2010

PURPOSE

1. To develop an informed appreciation of healthy eating habits at school for students and the broader school community.
2. To ensure that foods provided through the Stephanie Alexander Kitchen Garden program (SAKG), the lunch order process, and via school fundraising are consistent with a healthy eating philosophy.

BROAD GUIDELINES

1. Healthy nutritional habits are essential to the growth and development of students and the prevention of obesity and its associated diseases.
2. The school promotes non food ways of celebrating birthdays at school.
3. This policy operates in conjunction with Policy No 39 Anaphylaxis Management, and Risk Management Strategies developed by the school for students with allergic reactions.

IMPLEMENTATION

1. The development of knowledge about and appreciation of healthy foods and healthy eating habits form part of the Health Promoting School strategy.
2. Lessons relating to healthy foods and healthy eating are part of each students' Health & Physical Education curriculum studies.
3. The school encourages local strategies designed to raise an awareness of, or to promote healthy foods. eg growing and cooking vegetables from SAKG program.
4. School lunch order menu is consistent with 'Dietary Guidelines for Children and Adolescents 2003 and is reviewed yearly'. Refer to Resources list.
5. The Principal ensures that a supply of drinkable water is available at the school at all times.
6. School community members are encouraged to support healthy eating habits whilst at school.
7. Students have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fruits during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
8. Class rewards as part of the Assertive Discipline program may include food and drink, but teachers should encourage healthy eating.
9. Staff inform the Principal of students who appear to have inadequate lunches.
10. From time to time, the school provides information to parents on healthy eating habits.
11. Fundraising drives focus on the promotion of healthy foods rather than eg chocolates, donuts.

RESOURCES

1. Dietary Guidelines for Children and Adolescents 2003

<http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

2. For tips on healthy food choices

http://www.betterhealth.vic.gov.au/BHCV2/bhcArticles.nsf/pages/Healthy_eating_for_kids?OpenDocument

3. Tips for food at school

[http://www.betterhealth.vic.gov.au/BHCV2/bhcArticles.nsf/pages/Eating_tips_for_children_\(5\)_primary_school?OpenDocument](http://www.betterhealth.vic.gov.au/BHCV2/bhcArticles.nsf/pages/Eating_tips_for_children_(5)_primary_school?OpenDocument)

REVIEW IN 2013