Healthy Eating Policy

Rationale:
- Healthy nutritional habits are essential to the growth and development of children and school communities can help students develop healthy habits to live, learn, grown and play.
- Guidelines from the National Health and Medical Research Council (NHMRC) promote healthy eating plans, increased physical activity and behavioural modification as the first approach to managing obesity for individuals, bringing about a range of health benefits for later life.
- It is feared that this generation of 10 year-olds may be the first to have a life expectancy less than their parents, due to excess weight which predisposes people to diabetes, heart disease, strokes and cancer.

Purposes:
- To develop within students an informed appreciation of healthy eating habits and the ability to make healthy choices.
- To work towards ensuring any foods provided at the school are consistent with a healthy eating philosophy.
- To create a foundation for students, whereby they understand the link from healthy eating now to a healthier future.

Guidelines:
- Our whole school curriculum should have an approach that reflects AusVELS and encourages healthy eating during and after school hours.
- The development of an appreciation of healthy foods and healthy eating habits should form part of our Health Achievement Program.
- Teachers and students should be encouraged to bring fresh fruit and vegetables in their lunch boxes every day.
- The school should have a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity.
- All students should understand the importance of not sharing food or water bottles, and of not eating others food.
- Staff members are encouraged to model healthy eating habits whilst at school.
- Lunch orders (for Friday Fundraiser) should reflect this Healthy Eating policy.
- Families should be supported through the promotion of healthy food and drink choices (e.g. display, newsletter insets, workshops, healthy events and the Maldon Primary School website).
- Food brought by students to school should be grouped according to:
  * food encouraged (Always/Green),
  * food allowed (Sometimes/Orange),
  * food not allowed at school (Occasional/Red).

Implementation:
- Lessons relating to healthy foods and healthy eating, which reflect AusVELS, will form part of each child’s annual Health & Physical Education curriculum studies.
- Food groupings will be communicated to parents and caregivers as follows:

<table>
<thead>
<tr>
<th>Every day/Green foods</th>
<th>Select carefully/Orange foods</th>
<th>Not at school/Red foods –</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Home-cooked food eg cakes, slices</td>
<td>Soft drinks</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Special occasion foods eg birthday cake</td>
<td>Chips</td>
</tr>
<tr>
<td>Sandwiches with healthy fillings</td>
<td>Fruit juice on Fridays</td>
<td>Chocolate or lollies</td>
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<tr>
<td>Yoghurt (be careful of sugar content)</td>
<td></td>
<td>Packaged food/snack bars high in salt, sugar or fat</td>
</tr>
<tr>
<td>Cheese and dry biscuits</td>
<td></td>
<td>Other drinks like fruit drinks</td>
</tr>
<tr>
<td>Home-cooked savoury</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy ‘nude’ food</td>
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<td></td>
</tr>
</tbody>
</table>

- At least twice per year, the school will have an event which focuses on a variety of healthy foods eg Harmony Day
- The school will involve itself in local strategies designed to raise awareness of, or to promote healthy foods eg: local fruit growing, Market Fresh, local dietitian and oral health specialist.
- Children will have access to their own water bottle at any time during class time (no sweet drinks are permitted).
- Water fountains will be accessible to all children, at all grade levels, during playtimes.
- Daily fruit and vegetable breaks are allocated at all levels in which students are allowed to eat fruit and vegetables only.
• Chips, fried foods, confectionery and high sugar drinks such as soft drinks, energy drinks and flavoured mineral waters, will be excluded from Friday Fundraisers, and should not be brought to school by children for eating at play/lunch time.
• A list of suggestions for snacks and lunches will be compiled and available for families on the website and at the Office.
• School community members (staff and families), including new families to the school, will be informed of the healthy eating policy and will be provided with regular information (display, newsletter inserts, workshops) to assist them to meet this policy requirement.
• Fundraising activities will complement our healthy food philosophy. The only exception could be the Easter raffle with the donation of Easter eggs.
• Special days, such as Japanese Day, will also reflect the policy.
• Staff will inform the principal of any student who appear to be consistently provided with inadequate lunches and snacks.
• Healthy Eating practices will include:
  ☑ Daily 10.00am Healthy Snack/‘Munch & Crunch’ (fruit and vegetables only) for all classes.
  ☑ Promoting that fresh fruit and vegetables be included in students lunch boxes every day.
  ☑ Free Fruit Friday for all students (and be expended to include more vegetables).
  ☑ The school working towards cultivating, harvesting and cooking school produce.
  ☑ The exclusion of lollies/confectionery as class rewards.

The Healthy Eating policy was endorsed by School Council in February 2014