Healthy Eating Policy

Rationale:
Healthy nutritional habits are essential to the growth and development of children and contribute positively to concentration, behaviour and academic success.

Aims:
- To develop within students an informed appreciation of healthy eating habits.
- For the students to develop an understanding of good food choices and apply these choices in everyday situations.

Implementation:
- Develop in students an appreciation of healthy foods and that healthy eating habits form part of our Healthy Eating School Strategy – Nutrition Australia.
- The school canteen will promote a good selection of nutritious, tasty and attractive foods consistent with the ‘Dietary Guidelines for Children and Adolescents – 2003’.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- At least once per year each curriculum level will focus on a theme of healthy lifestyles.
- Staff members will be encouraged to promote healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fruit and vegetables during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- Healthy food options will be encouraged at class and group celebrations.
- Where funding is available the school will provide fresh fruit daily to students during the recess break.
- The school will regularly promote and advertise healthy food options, via the newsletter and internal display boards.
- Canteen policy is separate.

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

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