



South Gippsland Specialist School

HEALTHY FOODS POLICY POLICY

Purpose:

Education State school targets have been developed to focus our efforts on the range of factors that allow students to develop and achieve their best. One of the targets is: **Happy, healthy and resilient kids**. School will be a positive experience and nurturing environment for our children to develop confidence, social skills and healthy life habits.

The South Gippsland Specialist School is committed to nurturing healthy eating habits within the school community. This can be facilitated through a whole of school approach to healthy eating using the Stephanie Alexander Kitchen Garden Program. Healthy eating has a long lasting and positive impact on a child's growth, development, health and wellbeing. It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. The school environment has a significant influence on children and their families. As a school and its wider community we will aim to develop a positive attitude to Healthy Eating through the curriculum, food provision and links with families and the community.

Aims:

- To encourage an enjoyment of healthy eating and drinking habits within our school and the wider community.
- To reinforce healthy eating practices across the school curriculum.
- To ensure that all aspects of food and nutrition in the school promote health and wellbeing of students, staff and visitors to our school.
- To equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life.
- To equip parents with the appropriate knowledge and skills to enable them to assist their child to adopt healthy eating practices.
- To encourage the whole school community to be responsible for their own health, this in turn, promotes a positive attitude to healthy eating habits.
- To improve students health and wellbeing; this should translate to improved educational outcomes for all students at the South Gippsland Specialist School.

Scope:

This policy applies to school staff, and all parents and carers in our community.

Policy:

The school will provide a healthy eating program and foods that reflect the Dietary Guidelines for Children and Adolescents in Australia (National Health and Medical Research Council 2003).

All students are to only bring water to the school. Students are encouraged to have only their water bottles on their tables and are encouraged to drink water throughout the day.
Staff and students have access to drinking taps to fill up water bottles.
Students develop knowledge related to the benefits of drinking water during Integrated Curriculum lessons.
The school promotes and encourages the drinking of water and the importance of healthy eating with articles in the newsletter.
When establishing a Canteen Menu the school will ensure that the foods being sold reflect the Dietary Guidelines for Children and Adolescents in Australia.
The school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines and the Stephanie Alexander Kitchen Garden Program.
Food and drink are not used as an incentive or reward at any time.
The students are provided with a positive eating environment with relaxed, social and enjoyable experiences.
Teachers plan curriculum using DET documents to provide instruction on the importance of eating a variety of foods and develop an understanding of the role of a healthy food intake.
The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local dairy industry promotions.

Evaluation:

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

This policy was last updated in March 2021 and is scheduled for review in 2023