



SASSAFRAS PRIMARY SCHOOL

Healthy Eating Policy

1.0 RATIONALE

Sassafras Primary School is committed to a whole school approach to healthy eating. This is in line with the nutrition policies and guidelines for schools developed by the Department of Education and Training (DET) – “School Canteens and Other School Food Services” policy. Healthy eating covers all situations where food and drink is supplied in the school environment including: school excursions, fund raising events, and food used in curricula and extra curricula activities.

2.0 AIM

Sassafras Primary School believes that childhood and early years of adolescence are important times for establishing balanced, life-long, healthy eating habits which can benefit students by:

1. Contributing to good health and wellbeing which is vital for positive engagement in learning activities
2. Maximising growth, development, activity levels, and good health
3. Minimising the risk of diet related diseases later in life.

3.0 GUIDELINES

3.1 Curriculum teaching and learning

- To integrate healthy eating/nutrition education into all year levels through the provision of learning opportunities as outlined in the Victorian Curriculum
- Support healthy food choices
- Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Availability of fresh, clean tap water to students at all times and the encouragement of them to drink water regularly throughout the day, inclusive of the promotion of students’ water bottles in classrooms
- Encouragement of students to eat a healthy food at breakfast and at regular intervals in order to promote active learning
- Provision of rewards/encouragements for students that are not food or drink
- Liaison with families in order to arrange a suitable food supply for students who have specific dietary requirements e.g. allergies for school events, class parties, end of year celebrations, camps etc.

3.2 Integrate healthy eating/nutrition concepts in all classrooms by:

- Ensuring that all forms of 'Confectionery' (as per DET Confectionery Guidelines) is not given to students as a reward for good work efforts or behaviour
- Discouraging the practice of sharing food from lunchboxes in classrooms or in the playground due to the heightened risk of allergic reactions to foods or anaphylaxis issues
- Encouraging parents to consider bringing fruit or vegetable plates to school for children's birthdays or other celebrations
- Asking parents to give a minimum of 24 hours' notice to the class teacher if they are going to bring a food item in for their child to share with the class. Teachers should discourage confectionary items.

3.3 Food/drinks at school

- Foods listed by the Department of Education as being in the 'Red Category' will not be offered for sale at school or via a lunch order menu. These include:
 - sugar sweetened drinks, cordial, fruit flavoured drinks;
 - deep-fried foods, pastry-based or crumbed hot food;
 - savoury snack foods – crisps, chips, biscuits;
 - ice-creams and ice confections – chocolate-coated and premium ice-creams, icy-poles and ice crushes;
 - cakes, muffins, sweet pastries, slices, biscuits and bars.
- No 'Confectionary' will be offered for sale at the school.

3.4 After School Care

- The after school care provider is required to comply with the school's policy on food and nutrition.

3.5 Sponsorship and Fundraising

- Fundraising activities will not promote foods listed as 'Confectionary'. Consideration will be made not to promote foods in the 'Red Category'. Any food items listed in the 'Red Category' will not be offered more than twice per term
- The school and school events will not accept sponsorship or advertising from food companies promoting 'Red Category' or 'Confectionary' foods.

3.6 Families and the Community of Sassafras Primary School participates in a range of special events and community events throughout the year and has a role to educate families about food and nutrition to encourage healthier eating habits at home and school by:

- Recommending that the organisers of these special events and community events include healthy alternatives, when possible, from which parents and students can choose
- Providing a range of alternatives so that people have choice in relation to the foods that are made available
- Encouraging healthy lunch box choices
- School camp menu will be provided to school council to approve as part of the school council camp approval procedures.

3.7 'Nude Food'

Sassafras Primary School promotes the concept of 'Nude Food' and encourages all students to bring a healthy lunchbox free of packaging to school for lunch and snacks. Nude Food is environmentally sound in that it reduces the amount of packaged foods that students might bring to school and eat.

4.0 EVALUATION

The school will monitor the effectiveness and impact of the implementation of all aspects of this policy as part of its ongoing improvement and report back to the school community. This policy will be reviewed and updated as needed or as part of the school's three-year review cycle.

This policy was last ratified by School Council on

17th Sept 2018