



## WHOLE SCHOOL HEALTHY EATING POLICY

Endorsed by staff:  
March 2023

Review date:  
March 2026



If you need help to understand the information in this policy, please contact the school office on 93064144.

### **Purpose:**

Glenroy Central Primary School is committed to nurturing healthy eating habits within the school community. This can be facilitated through a whole school approach to healthy eating. Healthy eating has a long lasting and positive impact on a child's growth, development, health and wellbeing.

It is important that all students have the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Healthy eating will maximise a child's concentration and ability to learn. The school environment has a significant influence on children and their families. As a school we aim to develop a positive attitude to Healthy Eating through the curriculum, food provision and links with families and the community.

### **Aims:**

- 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 encourage an enjoyment of healthy eating and drinking habits within our school and wider community.
- 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 improve health and wellbeing; this should translate to improved educational outcomes for all students at Glenroy Central Primary School.

### **Implementation: *The school will incorporate the Healthy Eating benchmarks from the Victorian Prevention and Health Promotion Achievement Program for Primary Schools.***

- Healthy eating is incorporated into the curriculum, across all learning areas.
- All students are to only bring water to drink at school. Students are encouraged to have their water bottles on their tables and are encouraged to drink water throughout the day.
- Students have access to drinking taps strategically placed throughout the school to use during the day.
- Staff members have access to filtered water to fill up their drink bottles in the staffroom.
- Students develop knowledge related to the benefits of drinking water during Investigation 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 our school will have our menu options aligned with the Healthy Canteen Kit-School Canteens and other School Food Services Policy.

- Food and drink are not used as Learning Community incentives.
- Our students are provided with a positive eating environment with relaxed, social and enjoyable experiences.
- The school has a designated supervised eating time at lunch time to ensure students eat their lunch. This also gives the teacher the opportunity to observe food choices.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Fund raising activities will not always focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Staff are to inform the principal or welfare staff of students who appear to be provided with inadequate lunches.
- No hot take away food will be allowed to be dropped off for students at lunchtime or recess.
- Parents will be provided with a copy of this policy on enrolment, informed of its content and will be asked to sign a document indicating that they understand and agree to follow the school's policy.
- Only one treat is permitted at school such as one snack size chips or biscuits.
- Staff will contact parents/carers to discuss lunch/recess options if deemed inadequate or unhealthy.
- Nut products (such as Nutella and Peanut Butter) are not allowed at the school.
- Healthy lunches need to be balanced and should include fresh fruit, crunchy vegetables (such as celery and carrots) and a combination of protein (such as hardboiled eggs), dairy (such as cheese sticks) and starchy foods (such as bread or pita bread).
- The Primary Welfare Officer will provide information and suggestions for healthy school lunches through the school newsletter in Term 1 of each year.
- Students are encouraged to wash their hands before eating.

#### **Evaluation**

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