



Healthy Eating Policy

Rationale:

This school's staff, students and the school-community will work together to actively promote healthy eating through appropriate curriculum and during school activities.

Healthy eating is fundamental to good health throughout life for all people. It underpins healthy growth and development, contributes to health and wellbeing, positive mental health and quality of life, and plays a role in preventing disease.

Overall, for good health, school aged children need to drink plenty of water and eat plenty of fruit, vegetables, legumes and cereals; adequate amounts of lean meat and low fat milk products; and importantly, choose foods containing less fat, less saturated fat, less sugar and less salt.

Aims:

- To develop an informed appreciation of healthy eating habits within students.
- To ensure that any foods provided by the Echuca Twin Rivers Specialist School are consistent with a healthy eating philosophy.
- To promote the importance of staff as positive role models for healthy eating.

Implementation:

- Ensure the school curriculum is rich with learning opportunities that encourage and aid students in making wise choices when selecting food and drink.
- Learning programs will provide opportunities for developing practical food skills related to growing, selection, storage, preparation, cooking and serving food.
- Lessons relating to healthy foods and healthy eating are covered in each student's studies.
- Make healthy food a very easy option for students and staff to purchase, via the school food services and local approved supplier.
- Ensure that all foods served at the canteen/food service comply with the approved healthy foods list ('Go for your Life' Healthy Canteen Kit).
- Put health considerations above profit concerns.
- Promote the drinking water as the first and best choice.
- Drinkable water will be available at the school at all times.
- Encourage all students to drink water throughout the day and permit water bottles during class time.
- Promote healthy eating in all school activities and ensure healthy foods and drink is available to all students at activities such as sporting events and school camps.
- Foods that do not comply with the healthy eating policy may be supplied as part of a special event but will not occur more than once per term.
- Staff members are encouraged to model healthy eating habits whilst at school.
- Fundraising activities will not focus on the promotion of unhealthy foods that do not complement the healthy eating policy e.g. chocolate or lamington drives.
- Special provision will be made for any students who are frequently hungry and do not have access to adequate nutritious food including breakfast.
- **Food will not be used** within behaviour management programs; for example as a reward for positive behaviour or withheld as a disciplinary measure.

- The school will ensure that any partnerships with the food industry and related organisations, including sponsorship arrangements, support the healthy eating principals of this document.
- The school will foster positive communication and relationships with families to support healthy eating outcome for young people.
- The school will promote its involvement in healthy activities and healthy food to the wider community.

This policy was ratified by School Council at the meeting held : 26th March 2020
This policy will be reviewed in 2022

PRINCIPAL :-

PRESIDENT: