

SCHOOL NO. 4401 - KATANDRA WEST

Policy Statement: **CURRICULUM**

897 – HEALTHY EATING POLICY

Responsibility: Principal and Staff

This Policy was last ratified by School Council in September, 2023.

PURPOSE:

- Healthy nutritional habits are essential to the growth and development of children.
- To develop within students an informed appreciation of healthy eating habits.
- To ensure that most foods provided by the school are consistent with a healthy eating philosophy.

GUIDELINES:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies which reflect the Victorian Essential Learning Standards.
- 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.
- Our school nutrition policy is based on Victorian Government initiatives. This strategy is designed around a 'traffic light' scenario that aims to make it easy for students to choose healthy food options at the canteen. Foods are colour coded according to nutritional value.

'GREEN' foods are promoted as the healthiest options. These foods are high in nutrients such as vitamins, minerals and fibre and low in sugar, salt and fat. Foods such as wholemeal rolls, fresh fruit and vegetables and low fat dairy foods and meat are included in this category.

'AMBER' foods are foods that have some nutritional value but may also contain some less healthy ingredients so students are encouraged to select these carefully and less often. These include some of our hot food items, muffins and drinks.

RED' foods have very little nutritional value and are often high in fat, salt or sugar. These foods are not encouraged and should only available once or twice per term. Deep fried foods, soft drinks and confectionary are not available at all.

- The school lunch service (Katandra West General Store) will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Go for your Life" strategy. This ensures that confectionery and high sugar drinks such as soft drinks, energy drinks and flavoured mineral waters are excluded from the school food services. School community members are discouraged from bringing these items to school. Chips (crisps) and fried foods are supplied no more than two times per term (or not at all) through the canteen or other school food services. School community members are discouraged from bring these items to school.
- The Principal will ensure that all foods served by the provider comply with the School Council's approved healthy foods list.
- The provider will not sacrifice healthy foods for the sake of profits.
- Parents and Friends lunches will also take into account these guidelines.
- Healthy foods and drinks will be available to all students at activities such as sporting events.
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- At least once per year the whole school will focus upon a theme of healthy foods.
- Staff members will be encouraged to model 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 fresh fruits during classtime unless it is deemed by the classroom teacher to be inappropriate.
- Staff are to inform the Principal of students who appear to be provided with inadequate lunches.
- Families are informed of the availability of the healthy eating policy and can be provided with information to meet this Policy requirement, if requested.
- The Principal, in consultation with School Council, may vary this Policy if circumstances require it.