

LILYDALE WEST PRIMARY SCHOOL NO. 5057

Healthy Eating Schools Policy

Rationale:

Lilydale West Primary 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. Healthy eating has a long lasting and positive impact on a child's growth, development and health. It is important that all students possess 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 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.

Relevant Policies:

This policy document is supported by the following existing school policies and documents within the school:

- ◆ Annual implementation plan
- ◆ School Strategic Plan
- ◆ Curriculum documents relating to healthy eating and physical education
- ◆ DEECD School Canteen and Other Food Services Policy
- ◆ Student Wellbeing Policy
- ◆ Physical Education/Sport Policy
- ◆ Go For Your Life Policy
- ◆ Sun Smart Policy

Aims:

- To encourage an **enjoyment** of healthy eating and drinking habits within our school and 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 well being** of pupils, staff and visitors to our school.
- To equip students with the appropriate **knowledge** to enable them to make informed dietary **choices** throughout their life.
- To equip parents with the appropriate **knowledge** to enable them to assist their children to make informed dietary **choices**.
- To enable students to **choose** healthier meals and snacks at school. (canteen and OSHC)
- To encourage children to be **responsible** for their own health.
- To establish **community** links that will support the implementation of the nutrition policy

Implementation:

- The Go For Your Life Award Program will continue to be used as the framework in achieving the 'aims' of the policy.
- The Go For Your Life resource kit and CD Rom to be used as the main resource to support the delivery of initiatives and classroom practices.
- Continuation of the Government funded 'Free Fruit Friday' program with the Junior School.
- Continuation of the fantastic Vegetable and Herb Garden Programs, maintaining the high level of parent involvement in these programs.
- Healthier school lunches will be promoted, with measures taken to promote safe food storage.
- Students will be encouraged to take responsibility for their own health through classroom programs.
- Healthy eating and nutrition are incorporated into the school curriculum at all year levels.
- Students are only permitted to drink water in the classroom.
- Fruit breaks are offered to students in the classroom throughout the day.
- Fundraising activities reflect healthy canteen aims and promote healthy lifestyle messages, but may include 'sometimes food' every now and then, at the discretion of the health co-ordinator.
- Where possible the catering of special events will be consistent with the policy.
- The school canteen will continue to refrain from selling soft drinks and confectionary snack items. It will also continue to introduce healthy snack food options.
- The students who attend the OSHC Program and the Active After School Communities Program will be provided with a healthy, nutritious snack, from the either the 'eat most' or 'eat moderately' category.
- Relationships with local providers in the area of health and nutrition will be developed, utilised and maintained.
- Staff are encouraged to model healthy eating behaviours.
- All members of the school community including staff, students, parents and volunteers will be supported to meet this policy.