

Policy Document

HEALTHY FOOD_v1.1

Rationale

- Healthy nutritional habits are essential to the growth, development and learning of children.

Objectives

- To develop an informed appreciation of healthy eating habits within the student and wider school community.

Implementation

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
- Sessions relating to healthy foods and healthy eating will form part of each child's annual health and physical education curriculum studies.
- Written information about healthy food options for school will be distributed to all families via the newsletter.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods, e.g. Fruit and Veg Week.
- Stonnington Primary School uses Classroom Cuisine www.classroomcuisine.com.au for our lunch orders. Orders are to be placed online by 8.30am on the day lunch is required. Lunch orders are available on Mondays, Wednesday, Thursdays and Fridays. You can choose either a 2-course or 3-course lunch. You order and pay online and lunch is delivered to school in time for lunch. Please see website for further information. Lunch Order monitors for each area are appointed at the beginning of the school year. Monitors can collect lunch orders from the office from 12:45 p.m.
- Soft drinks (including lemonades, flavoured mineral waters and milks, and cordial), confectionary and highly processed snack foods (e.g. potato crisps) will not be permitted at school except on approved celebration days.
- Students will be encouraged to include at least two pieces of fruit, and two vegetable choices in their school food each day.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- Healthy food will be incorporated into our Inquiry Planning.
- 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 dried fruits during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- Fundraising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy, e.g. chocolate bars or lamingtons.

Evaluation

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

Ratification

Ratified by School Council: 23-July-20014

School Council President: Glen Noble

Principal: Anne McPhee