



Healthy eating and healthy living policy

(Feb 2017)

With people increasingly eating food not prepared at home, and a high proportion of Victorian adults and children overweight or obese and not meeting the healthy dietary guidelines, it is important to provide easy access to healthier food and drink options in settings such as early childhood services and schools.

School canteens and other food services are an essential part of the education environment and play an important role in communicating healthy eating messages to young children, students, staff, and the wider community. Foods eaten during a child's early years and at school contribute significantly to a child's daily nutrient intake and also have a considerable influence on the development of their lifelong eating habits, growth patterns and energy levels.

The World Health Organization encourages schools to take a health promoting schools approach to support healthy eating. The Health Promoting Schools framework provides a useful model for schools to promote and protect the health of students. The framework highlights the importance of the relationships between:

- curriculum, teaching and learning
- school organisation, ethos and environment
- community links and partnerships

Seabrook Primary School is committed to nurturing healthy and balanced eating habits within the school community. This is 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, health and wellbeing. 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 balanced healthy eating through the curriculum, food provision and links with families and the community.

Healthy eating and good nutrition has a major influence on children's health and wellbeing and a direct impact on physical, oral and cognitive growth and development. The important social and cultural role of food, and the wide range of attitudes to it, needs to be acknowledged within the school environment.

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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 wellbeing of students.
- To equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life.
- To encourage the whole school community to be responsible for their own health, this in turn, promotes a positive attitude to healthy eating habits.
- To improve students' health and wellbeing; this should translate to improved educational outcomes.

Implementation:

Curriculum

- The school engages with local health professionals, services and other organisations within units of inquiry to promote healthy eating and oral health initiatives where possible.
- Students are encouraged to develop an understanding of how food affects growth, repair and regulation of the body's physical functions.
- Students are encouraged to develop skills and knowledge required to make informed decisions on nutrition, dietary practices and personal health concerns, and to take responsibility for those decisions.
- Units of inquiry, at the appropriate level, will help students develop an understanding of their physical, emotional, mental and sociological development, with due regard for his/her dignity, privacy and uniqueness.
Prep The food people eat is produced in many ways.
Year 1 The choices we make can influence our health.
Year 2 Communities have health services to support everyone's well-being.
Year 3 The choices we make have a lifelong effect on our well-being.
Year 4 Water is essential to life.
Year 5 Our thoughts, feelings and actions influence the way we interact with the world
Year 6 People are confronted with changes and choices throughout life that affect their evolving sense of self and well-being.
- Nutrition will also be included 'in the moment' and formally using current curriculum documentation.
- Teachers plan curriculum using DET documents to provide instruction on the importance of eating a variety of foods and develop an understanding of the role of a healthy food intake.
- Teachers will assist students to develop an understanding of the causes of illness, disease and injury and creating and maintaining environments conducive to good health through inquiry units.
- Engage students through visits from the Life Ed Van

Learning Time

- The school has developed a vegetable garden and encourages children and staff to use these and the fruit from the trees to use in class.
- The school encourages children to walk, ride, or scoot to school and provides incentives at assemblies.
- Incentives are provided at assemblies to encourage children to bring and eat healthy foods at school such as vegetables, fruit, cheese, eggs by raffle tickets.
- The 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 and encourage social interactions of students. This also gives the teacher the opportunity to observe food choices.
- Healthy lunches are encouraged that are balanced and might 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) and fruits.
- Staff and families are encouraged to foster a healthy body image and enjoyment of eating.
- Students will have opportunities to engage in food-related activities, such as planning and shopping for meals, growing, cooking and eating foods, which are culturally appropriate and varied.
- Low fat, low salt and low sugar products will be substituted in cooking where possible.
- Regular daily fruit and drink breaks will be included in classroom timetables.
- Students will have access to their own water bottles during class lessons and have permission to eat healthy foods during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- Water will be available to all students at activities such as sporting events.
- Children will be encouraged to have their water bottles in learning areas and during physical education lessons.
- Alternative rewards to food will be provided, e.g. lucky dip prizes, stickers, raffle system, house points, certificates, star chart for individual or class rewards etc.

Oral care

- The school uses curriculum resources which promote healthy eating and oral health practices.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating and oral health across the curriculum.
- Teachers will discuss tooth brushing practices and why they are important with students.
- Students are encouraged to undertake oral hygiene practices where appropriate.
- The school will provide information to staff and in first aid/sick bay areas on what to do in the event of a dental injury, i.e. when a tooth is knocked out.

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Special events

- Class parties may be organized to celebrate special occasions and/or achievements but must ensure a balanced menu is planned by staff. Parents/ guardians must be informed in writing of what food items their child is required to bring from home or request a gold coin donation from parents so staff may purchase healthier food options.
- Special end of term food days may be offered

Fund-raising

- The school will allow annual, balanced fund-raising activities including walk-a-thons and games, operating only one chocolate drive per year, and other events such as coin donations, family photos and drives etc.

General

- Families are encouraged to be involved in healthy eating and oral health initiatives at school.
- Families and students are encouraged to promote their own and others' self-worth, dignity and rights as individuals and members of groups.
- Healthy food options are encouraged for staff at meetings, professional learning events and in the staff room.
- The school respects and celebrates the cultural diversity of its community through recognising and valuing cultural and traditional beliefs and attitudes related to food, oral health and physical activity.
- Staff members will be encouraged to model healthy eating habits whilst in the classroom.
- Part of the school's incentive is to improve children's attendance at school on their birthday. Parents, who feel the need, are encouraged to choose alternative birthday treats for the class other than sugary foods. Some examples include stickers, pencils, balloons, hats. Birthday treats will be sent home and only be given out at the end of the school day.
- Staff are to inform the principal/assistant principal of students who appear to be provided with inadequate lunches.
- High sugar and high fat foods will be discouraged.
- The school encourages parents /carers to provide water as the drink of choice in lunch boxes.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods e.g. offering farm fresh fruit and vegetable retail, local fruit growing or dairy industry promotions where possible.

Special dietary requirements

Some students may require special diets for medical reasons. Medical conditions that have special dietary requirements include diabetes, coeliac disease and anaphylaxis. Teachers and the canteen are aware of students with these medical conditions and make provision for them where possible when providing food. The school principal and parents will provide advice of any special dietary needs to staff and other school food providers.

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