



Healthy Foods

1. Rationale

Healthy nutritional habits are essential to the growth and development of children. The school recognises parents/carers' rights to select food for their children. The school has a responsibility to educate students about healthy food choices.

2. Aims

- i. To develop within students an informed appreciation of healthy eating habits.
- ii. To ensure our Kitchen Garden Program communicates healthy eating messages to students by introducing them to the wonderful world of good food, via a productive food garden and an exciting kitchen, as an integral part of the school curriculum.
- iii. To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
- iv. To ensure that the Fundraising Committee and SKIPPA consider this policy when arranging events.
- v. To consider the needs of all students with specific dietary requirements (anaphylactic, coeliac, etc.)

3. Implementation

- i. The development of an appreciation of healthy foods and healthy eating habits form part of the Victorian Curriculum. Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies and the CAPSE program.
- ii. The Kitchen Specialist will work together with the classroom teachers and Garden Specialist to deliver a high quality kitchen garden program that excites and engages the Year 3 and 4 students at the school. The students will learn how to harvest food, prepare it and develop an expanding culinary palate. Our approach seeks to educate students about food and nutrition as part of a healthy lifestyle through the food that they experience tasting good, rather than because they are being told to eat some foods and not to eat to others.
- iii. The school will involve itself in local strategies designed to raise an awareness and promotion of healthy foods, e.g. our Kitchen Garden, local fruit growing or local dairy industry promotions.
- iv. The school will promote the selection of nutritious and tasty foods.
 - v. Healthy foods and drinks will be available to all students at school activities, as appropriate.
 - vi. Parents will be encouraged to send healthy choices as part of their children's lunch.
 - vii. Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as crunchy fruit and vegetables during class time at designated/agreed times.
- viii. Staff are to inform the principal of students who appear to be provided with inadequate lunches.
- ix. Staff will promote 'rarely, sometimes and all the time' language for the appropriate food types.
 - x. Staff will use this policy when cooking in the classroom as part of the curriculum.
- xi. Teachers can organise/provide for special occasions, e.g. Easter Eggs, icy poles, End of Year party. Allergies will be considered by alerting parents to the activity.



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- xii. Birthday cakes or food to share for birthdays are not to be sent to school in accordance with our Healthy Eating strategies and Anaphylaxis policy. There are issues with allergies, culture, affordability and recurrence. Birthdays are acknowledged in classrooms in other ways.

4. Evaluation

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

*This policy was ratified by School Council in March 2018
All policies are available at <http://www.skipps.vic.edu.au/about/policies.html>*