

# JINDIVICK PRIMARY SCHOOL



## HEALTHY EATING POLICY

### PURPOSE

Jindivick Primary School is committed to a whole school approach to healthy eating. This is in line with the nutrition policies and guidelines for schools developed by the Department of Education and Training (DET) – “School Canteens and Other School Food Services” policy.

Healthy eating covers all situations where food and drink is supplied in the school environment including: school excursions, school camps, fundraising events, school activities such as celebrations and sports days, and food used in curriculum activities.

### AIMS

Jindivick Primary School believes that childhood and adolescence are important times for establishing balanced, life-long, healthy eating habits which can benefit students in three ways:

1. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
2. Short term: maximises growth, development, activity levels and good health
3. Long term: minimises the risk of diet related diseases later in life

### GUIDELINES

#### 3.1 Curriculum teaching and learning

- To integrate healthy eating/nutrition education into all year levels through the provision of learning opportunities as outlined in the Victorian Curriculum:
- Support healthy food choices
- Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Availability of fresh, clean tap water to students at all times and the encouragement of them to drink water regularly throughout the day, inclusive of the promotion of water bottles in classrooms
- Encouragement of students to eat a healthy breakfast and at regular intervals in order to promote active learning
- Encouragement of students to eat in a supervised and appropriate social environment
- Provision of rewards/encouragements for students that are not food or drink
- Notification to parents when learning activities offer the students the chance to try different foods
- Liaison with families in order to arrange a suitable food supply for students who have specific dietary requirements e.g. Allergies for school events e.g. class parties, end of year celebrations, camps etc.

#### Staff to integrate healthy eating/nutrition concepts in all classrooms by:

- Utilising lollies or confectionery only for educational purposes.
- Ensuring that lollies and confectionery are not given to students as a reward for good work efforts or behaviour as this counteracts the policy outlined by the Department of Education and Training.
- Discouraging the practice of sharing food from lunchboxes in classrooms or in the playground due to the heightened risk of allergic reactions to foods or anaphylaxis issues.

3.3 Special occasions: teachers understand that for special occasions / celebrations 'party food' is part of the celebration, although healthy options if available are also encouraged such as fruit and vegetable platters.

- Encouraging all teachers to use non- food items as rewards
- Asking parents to give a minimum of 24 hours' notice to the class teacher if they are going to bring a food item in for their child to share with the class

. • Providing an option for parents at the beginning of the school year to advise the class teacher as to whether their child will participate in any celebratory food that is offered, or alternatively provide information on what they can and cannot participate in. If parents do not wish their child to participate they might like to send along "something special" from home to ensure that their child is included.

- Encouraging healthy lunch box choices
- Offering school camp/excursion menus where possible, according to healthy food guidelines.

### **NUDE FOOD:**

Jindivick Primary School promotes the concept of 'Nude Food' and encourages all students to bring a healthy lunchbox free of packaging to school for lunch and snacks.

Nude Food is environmentally sound in that it reduces the amount of packaged foods that students might bring to school and eat.

**Approved by JPS School Council 20/2/20**