



# St. Anne's

## Primary School

60 KNEES ROAD, PARK ORCHARDS, VICTORIA 3114

### **POLICY: HEALTH AND NUTRITION**

#### **RATIONALE:**

Healthy nutritional habits are essential to the growth and development of children. This policy will provide a framework to guide school nutrition programs and ensure long-term change.

#### **AIMS:**

- To develop within students an informed appreciation of healthy eating habits
- To ensure that overall, foods provided by the school are consistent with a healthy eating philosophy

#### **IMPLEMENTATION:**

- Students will have access to their own water bottles during class lessons
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health and Physical Education curriculum. This may be implemented through the Inquiry Based Learning curriculum
- Nutrition education will include (but not be limited to) articles and information in the newsletter, guest speakers and workshops
- Children (with the support of parents) are encouraged not to regularly bring foods to school which are high in sugar, salt and fats e.g. chips, sweets, food wraps etc.
- All classes will have "fruit-time" during which time the children are encouraged to eat fruit they have brought from home
- On special occasions such as teachers' birthdays along with "typical" party foods, healthy food will also be offered
- Specific needs of children with food allergies will be considered in all areas of health and nutrition in the school
- St. Anne's promotes walking or riding to school through a whole school activity at least one day per term

- Lunch orders provided by the Parents Association should provide a balance of options between healthy food choices and what is referred to as sometimes food. Some foods contain too much sugar or fat and not many vitamins or minerals. These are foods we should only eat sometimes. The children will be given the choice of ordering these foods on special occasions organised by the Parents Association throughout the year.

**EVALUATION:**

The Health and Nutrition Policy will be reviewed every three years or when necessary.

This policy was reviewed in 2012. This Policy will be reviewed in 2016