

HEALTHY EATING POLICY

Aims

As a health promoting school, we will promote healthy eating to students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Rationale

Healthy eating and good nutrition has a major influence on the health and wellbeing of children and young people, and a direct impact on their growth and development. Acknowledging the social and cultural role of food, and the wide range of attitudes to it, is important within the school environment. It is recognised that every member of Melton Specialist School has an impact on students' health and can contribute to creating an environment that promotes healthy eating. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Implementation

Healthy policies

- This policy is consistent with the School Canteen and other School Food Services Policy and the Australian Dietary Guidelines.
- Staff, families and students are involved in guiding the development and implementation of the whole school healthy eating policy and are seen as key partners in promoting and supporting healthy eating initiatives in the school.
- Staff, families and students are provided with information about policy requirements.

Healthy physical environment

- The school food service menu is assessed by the Healthy Together Healthy Eating Advisory Service as compliant with the School Canteen and other School Food Services Policy.

Healthy Eating

- The school food service works towards increasing the availability of 'everyday' foods and limits 'occasional' and 'select carefully' food and drinks.
- Food provided at camps, school excursions and sports days are in line with the School Canteens and Other School Food Services Policy.
- Families are encouraged to provide healthy lunchboxes through the Achievement Program and Better Health Channel.
- Healthy food options are encouraged for staff at meetings, professional learning events and in the staff room.
- Safe drinking water is available at all times and only water bottles filled with water are to be accessed during the day.
- Sweet drinks or Energy drinks are not permitted at school.
- Staff are to inform the Wellbeing Leader of students who appear to be provided with inadequate lunches.
- **No hot take away food will be allowed to be dropped in for students.**
- **Staff will model healthy eating practices.**

- **No food will be heated or prepared for students by staff.** If you wish for your child to consume hot food please supply this in a thermos.
- The school seeks to ensure any sponsorship, advertisements or marketing of food and drinks is consistent with the school's healthy eating policy. Fundraising activities reflect the healthy eating policy and promote healthy lifestyle messages.

Healthy social environment

- Students are given adequate supervised time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.
- Rewards, other than food and drink, are used by staff wherever appropriate.
- To support positive role modelling, staff and families are encouraged to bring food and drinks which are in line with the school's healthy eating policy.
- Staff and families are encouraged to foster a healthy body image and enjoyment of eating.
- The school respects and celebrates the cultural diversity of its community through recognising and valuing cultural and traditional beliefs about food.

Learning and skills

- Healthy eating is incorporated into the curriculum, across multiple key learning areas.
- Students have the opportunity to engage in regular food-related activities through academic programs, such as planning and shopping for meals, growing, cooking and eating foods, which are culturally appropriate and varied.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating across the curriculum.

Engaging children, young people, staff and families

- Students are consulted about healthy eating initiatives via Student Representative Council, student action teams or other representative structures.
- Families and staff are, on a regular basis, provided with information, ideas and practical strategies to promote and support healthy eating at school and at home.
- Families are encouraged to be involved in healthy eating initiatives at school.
- Families and students from culturally diverse backgrounds are engaged to ensure cultural values and expectations about food and eating are respected.

Community partnerships

- The school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote healthy eating.

Related Documents

Melton Specialist School Annual Implementation Plan

Melton Specialist School - School Strategic Plan

Melton Specialist School Student Wellbeing and Engagement Policy

Melton Specialist School Teaching and Learning Policy



Department of Education School Canteen and Other Food Services Policy
<http://www.education.vic.gov.au/school/teachers/health/Pages/canteen.aspx>

Achievement Program

<http://www.achievementprogram.health.vic.gov.au/schools>

Better Health Channel

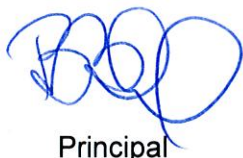
<https://www.betterhealth.vic.gov.au/healthyliving>

Evaluation

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

Certification

This policy was endorsed by School Council at the meeting held on 6th June 2018.



Principal



School Council President

