

**Woodbury Boston Primary School**  
Healthy Eating Policy

Revised: March 2023  
Endorsed by GB: May 2023  
Next review due: December 2024

## Healthy Eating Policy

### Rationale

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Children need nutritious food and plenty of activity for good growth, health and learning. Woodbury Boston Primary School encourages all families and children in the school community to consume a nutritious diet. The School takes a 'common sense' approach to food, realising that there are many differing opinions with regards to dietary requirements.

The Dietary Guidelines for Children and Adolescents in Australia include the following principles:

- Enjoy a wide variety of nutritious foods and drink plenty of water
- Children and adolescents need sufficient nutritious foods to grow and develop normally.
- Limit intake of foods containing saturated fat, added salt and added sugars.
- Prepare and store food safely

### Our Commitment

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*Woodbury Boston Primary School will:*

- Provide canteen lunches, available to purchase on a fortnightly basis, that meet the basic dietary guidelines stated above - where sufficient school community support/volunteers are available
- Provide fresh drinking water at appropriate points around the school
- Educate students about the healthy eating guidelines and good nutrition as part of the health and physical education and technologies curricula
- Recognise the societal norm of treats during special occasions or events and, in promoting the independence of the child, allow treats during these events
- Encourage staff and other school community adults to model healthy eating when eating with/around students
- Provide younger students with an opportunity to eat before commencing the afternoon bus ride in case food/drink (except water) cannot be consumed on the school buses
- Teach good hand hygiene before meals
- Monitor school lunches and communicate with parents as appropriate
- Advise parents of this policy via the school newsletter and other avenues

### Our Expectations

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*Parents/carers will:*

- Provide healthy school lunches and snacks for their child (no chips, chocolate or lollies please),
- Support the policy of the school.

The school retains the discretion to communicate with parents regarding these expectations.

### Evaluation

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School staff will review the effectiveness of this policy regularly throughout the school year. The Governing Body will evaluate this policy every two years in consultation with the Principal as a representative of the staff.