

Woodbury Boston Primary School

Healthy Eating Policy

Revised: March 2019
Endorsed by GB: March 2019
Next review due: December 2020

Healthy Eating Policy

Rationale

Children need nutritious food and plenty of activity for good growth, health and learning. Woodbury Boston Primary School not only cares for each child's learning environment but their environment as a whole and, as a part of that, encourages all families and children in the school community to consume a nutritious diet. Woodbury Boston Primary School takes a 'common sense' approach to food in regards to the school community, realising that there are many differing opinions with regards to dietary requirements.

The Dietary Guidelines for Children and Adolescents in Australia state the four 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
- Prepare and store food safely
- Encourage and support breastfeeding

Our Commitment

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
- Provide the healthiest option available during Out & About days while taking into account the expense for families, special occasions or events and student preferences
- 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

Parents/carers will:

- Provide healthy school lunches and snacks for their child
- Support the policy of the school

Evaluation

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.