



POLICY – HEALTHY EATING AND FOOD

GUIDING PRINCIPLES

Jervois Primary School promotes a healthy lifestyle and uses the 'Eat Well Be Active' Healthy Eating Strategy as a framework for maintaining and promoting health and wellbeing for all. Therefore, Jervois Primary School systematically and deliberately sets out to improve and protect the health and wellbeing of the whole school community (this includes students, staff and parents).

All food supplied at Jervois Primary School complies with the *Dietary Guidelines for Children in Australia* and will be inclusive of all food groups. This will include the food supplied through the canteen, on camps and excursions, in educational settings.

The Dietary Guidelines refer to 'red food' or 'sometimes foods' – that is foods which do not comply with the guidelines. These foods include food low in nutritional value and high in sugars, fats and salt. These foods are occasionally supplied at a special event, but will not occur more than twice per term.

Please ensure you provide food allergy details and health plans to the school. We can then ensure that students who require individual health care needs, in relation to food and nutrition, are supported in line with the Department's Health Support Planning Policy.

At Jervois Primary School:

- Children are expected to participate in at least two litter free lunch days per week. This means no plastic wrap, gladwrap or packaged food in lunch boxes. This practise supports our Sustainability focus
- There is the expectation only healthy food is sent to school for your child's nutrition to maximise their learning
- There are two canteen days per week (Tuesday and Friday) on which your child can order food. All food served meets the Healthy Eating Guidelines (e.g. toasted sandwiches, nugget parcels, and baked potatoes). We comply with food safety regulations. All members of our community will use effective hand washing techniques in the context of food handling
- Students eating are supervised by class teachers and any uneaten food will be sent home so families know if they are sending too much or if a child does not like a particular food
- Water bottles are taken into classrooms for students to keep hydrated during the day
- All classes have fresh snack time daily to support the daily 2 and 5 initiative
- Please send fresh fruit or vegies every day for your child

HEALTHY EATING AND THE CURRICULUM

Our school has responsibilities for student learning. The Australian Curriculum provides opportunities through Design and Technologies, Science, Geography and Health & PE to further develop healthy eating and food practices. HPE has a focus area on food and nutrition for all R – 10 learners, for example: in 2016 the Upper Primary students incorporated the 'Healthy Eating, Healthy Lifestyles' learning into Maths tasks.