



## Healthy Eating Policy

### GLEN HUNTLY PRIMARY SCHOOL HEALTHY EATING POLICY

#### **RATIONALE:**

- Healthy nutritional habits are essential to the growth and development of children.

#### **AIMS:**

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

#### **IMPLEMENTATION:**

- The school follows all guidelines from DET to meet benchmarks for the health priority areas using “Victorian Healthy Eating Enterprise,” found at <https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/victorian-healthy-eating-enterprise> , published by the Department of Health and at <https://www2.education.vic.gov.au/pal-search?q=Healthy+Eating&page=1>
- Learning Activities relating to healthy foods and healthy eating will form part of each student’s annual Health & Physical Education Curriculum from Victorian Curriculum
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods
- The principal will ensure that a supply of drinkable water is available at the school at all times
- Staff members will be encouraged to model healthy eating habits whilst at school
- Students will have access to their own water bottles during class lessons
- Students will participate in “Brain Food” eating each day at 10:00am and at 12:30pm (optional), where students will eat fresh fruit or vegetables. Class teachers are asked to encourage that students eat these types of appropriate healthy foods during Brain Food times and that snack junk foods will be discouraged.
- Where possible, fund raising activities will focus on the promotion of healthy foods
- Staff are to inform the Student Wellbeing Leader and/or principal of students who frequently appear to be provided with inadequate lunches
- When celebrating a student’s birthday, teachers will seek assistance from parents to promote healthy eating, by providing one small treat for each child. See your teacher for ideas.
- Any foods to be shared in class by students, must be individually packaged and follow the guidelines of current COVID -19 Operations Guide and current Anaphylaxis and Allergy requirements in that class

#### **Further references:**

<https://www2.education.vic.gov.au/pal/canteens-and-healthy-eating/policy>  
<https://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>

#### **EVALUATION:**

This policy will be reviewed as part of the school’s four year review cycle.

Status: Ratified by School Council, July 26<sup>th</sup>, 2021