



Our Lady of the Sacred Heart School

Healthy Eating Policy

2018

RATIONALE;

As members of Our Lady of the Sacred Heart, we believe healthy eating a good nutrition have a major influence on the health and well being of children and young people, and a direct impact on their growth and development.

VISION STATEMENT:

We believe that Our Lady of the Sacred Heart School is a community in which:

- The care, safety, wellbeing and inclusion of all children is central to our purpose.
- We educate the whole child; in a learning environment where teamwork and collaboration is central to students reaching his or her potential.
- All children can learn in a nurturing and stimulating environment.
- Partnerships with parents, students and staff are essential to building community.

GRADUATE OUTCOMES:

Our Lady of the Sacred Heart School seeks to educate students:

- Self-Aware
- Collaborative
- Courageous
- Compassionate

Rationale:

It is recognised that every member of Our Lady of the Sacred Heart 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.

Definitions

Healthy eating: Eating a wide variety of foods from the five food groups each day. Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.¹

Nutrition: Everyone needs food to provide the right balance of vitamins, minerals and nutrients (like protein, carbohydrate and fats) to feel energised and to help them grow and stay healthy. The meals we eat and the drinks we drink satisfy hunger and thirst throughout the day as well as fuel the body. Preparing and sharing meals with friends, family or community is a significant way to build relationships and is an important part of our culture.

‘Occasional’ foods and drink: Also referred to as ‘extra foods’ or ‘discretionary foods’ (sometimes called junk food), these are foods like potato chips, chocolate, cakes, lollies, soft drinks and some takeaway food like hamburgers and hotdogs. These foods are usually low in nutrients and high in salt, sugar or fat.²

‘Select carefully’ foods and drink: Include foods like commercially prepared pastas, noodles and soups, meat products and fruit juice.

‘Everyday’ foods and drink: Include whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, reduced fat dairy products and water.

Oral health: Defined as ‘eating, speaking and socialising without pain, discomfort or embarrassment’.³

Procedures

Healthy policies

- This policy is consistent with the *School Canteen and other School Food Services Policy* and *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 and oral health initiatives in the school.
- Staff, families and students are provided with information about policy requirements.

Healthy physical environment

- The school, alongside the Elmore Bakery 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.
- 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 class. Sweet drinks are not permitted during class time.
- The school seeks to ensure any sponsorship, advertisements or marketing of food and drinks is consistent with the school’s healthy eating and oral health policies. Fundraising activities reflect the healthy eating policy and promote healthy lifestyle messages.

Healthy social environment

- Food and drink, food vouchers and sweets are not consistently used as an incentive or reward.
- Students are given adequate time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.

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- 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, 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 school board, 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.
- The school will be an active member of the Elmore Health and Wellbeing Team.
- The school will work with the Elmore Bakery to ensure lunch order opportunities are healthy options.

Relevant accountability documents

[DET School Canteen and other School Food Services Policy](#)

[National Health and Medical Research Council, Australian Dietary Guidelines](#)

[DET School Policy and Advisory Guide – Health Education Approaches](#)