

HEALTHY EATING POLICY

Rationale

Hume Valley School is committed to creating and promoting healthy eating habits within the school community. We believe that childhood and adolescence are vital times for establishing life-long, healthy eating habits. Good nutrition is fundamental for growth and development and minimises the risk of diet related illnesses later in life. This policy has been developed in consultation with school staff, Dianella Community Health, Healthy Schools Committee, Hume Valley Leadership Team and School Council.

Aims

The educators, staff and management acknowledge the importance of healthy eating behaviours, which contribute to good health and overall wellbeing. This policy confirms our commitment to:

- Encourage children to make healthy food and drink choices
- Promote the importance of a healthy lifestyle, which includes drinking water and eating healthy food.
- Develop a positive attitude to healthy eating and drinking through the curriculum, food and drink provision and links with family and the community.
- Promote positive engagement in learning activities.

As a health promoting school we will promote healthy eating to children, educators, staff and families through learning, policies, creating a safe and healthy physical and social environment and developing community links and partnerships.

Definition of Healthy Eating

Healthy eating: Eating a wide variety of foods from the five food groups each day. These are:

- fruit
- vegetables and legumes/beans
- grains (cereal) foods, mostly wholegrain
- milk, yoghurt, cheese, and alternatives
- lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.

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.

'Sometimes' foods and drink

Sometimes foods are high in fat, sugar and salt or a combination of these three. They typically have very little nutritional value and are often processed and packaged.

Curriculum/The Learning Environment

Hume Valley specialist staff run designated Health sessions throughout the year for all classes. These sessions are run in consultation with class teachers. Classroom teachers also include a healthy eating unit, at least once a year.

Healthy eating is embedded in the curriculum and related activities throughout the school. We strive to have a healthy physical and social environment, which promotes healthy eating.

Class teachers are responsible for monitoring snacks and lunches each day. These can be checked at morning snack time or before leaving on an excursion. Sandwiches or wraps will be provided if students do not have lunch.

Food Supply/Healthy Hut

Healthy Hut (this will be assessed by the Victorian Healthy Eating Advisory Service) will follow the healthy eating advisory guidelines.

The Healthy Hut operates twice a week. Students make a variety of healthy lunches, snacks and drinks. VCAL and Secondary students participate in the program. The menu changes each term. These items are sold to students on both campuses. The Healthy Hut sells water and flavoured water drinks only.

Family and Community

Health is influenced by personal behaviours, social and cultural factors and the actions that individuals and groups take to promote health. The school environment has a significant influence on students and their families. We are committed to strengthening our community partnerships with local organisations and to working collaboratively to implement this policy.

Healthy Eating Information sessions are offered to the Parent Group each term. Parents have the opportunity to help in our vegetable gardens and also to cook and eat together.

Implementation

- ✓ Lunches, snacks and drinks from home. Ensure these are healthy.
- ✓ The school has designated eating times to ensure students eat their lunch. This also gives staff the opportunity to observe food choices.
- ✓ Students are able to bring one snack sized treat from home
- ✓ At snack break, students are encouraged to eat fruit first then they can have their treat
- ✓ Soft drinks are not permitted at school, on excursions or camps
- ✓ Healthy Hut (assessed by the Victorian Healthy Eating Advisory Service)
- ✓ Water will be encouraged instead of cordial or juice
- ✓ Breakfast program (ES Staff prepare classroom breakfast plates. Students or teachers collect plates. Breakfast plates consist of toasted sandwiches, fruit and other healthy choices.
- ✓ Fruit/snack program (Fruit bags supplied to each sub-school twice a week for students' daily consumption. Fruit left at the end of the week is sent to Homecrafts to go in the dehumidifier.)
- ✓ Homecrafts sessions teach the preparation of healthy meals/dishes
- ✓ Vegetable gardens (each class has their own garden bed)
- ✓ Parent nutrition sessions
- ✓ Food and drink are not used as incentives or rewards
- ✓ Three 'Sometimes Food Days' allowed per term. These include days when students bring in birthday treats, Footy Day, Athletics Carnival and some excursions.

Relevant Policies

- School Strategic Plan
- DE&T School Canteen and Other Food Services Policy (see attached Go For Your Life Food Planner. This has been compulsory in government schools since 2007)
- Student Wellbeing Policy
- The Victorian Prevention and Health Promotion Achievement Program

Evaluation

This policy will be reviewed as part of the school's three-year policy review cycle.

Ratified By Hume Valley School Council	February 2015
Review Date:	February 2018