

APS HEALTHY EATING POLICY

Rationale

Healthy eating in young children is vital for good health and growth. Beliefs and values relating to childhood food and nutrition are highly topical and a priority to the Alphington Primary School (APS) community. Schools play an important role in promoting healthy eating behaviour in school children. School age is the ideal time for children to learn and establish healthy eating behaviours as they start a busy social life, have pocket money and begin to make choices in relation to their own lifestyle.

For the purpose of this policy, a **food of minimal nutritional value** is defined as a food that is high in fat or sugar and provides few nutrients such as carbonated drinks, chocolate, confectionary, chips, donuts, croissants, sweet biscuits and tarts.

Aims

To:

- Develop a 'whole-of-school' approach to healthy eating that gives a strong and consistent message
- Establish a strong link in the school curriculum between healthy eating and the school vegetable patch by engaging students in the growing, harvesting, preparing and eating of food.
- Encourage life-long healthy eating for children, parents, teachers and the broader APS community.

Implementation

1. Healthy eating in the school community through maintenance of and activities involving the vegetable patch and the maintenance of a Healthy Eating Committee will be encouraged.
2. Food and nutrition components Victorian Essential Learning Standards (VELS) in classroom curriculum will be incorporated.
3. Professional development opportunities and ideas for the Healthy Eating Committee, teachers and the community will be offered.
4. Healthy eating through related incursions or excursions will be promoted.
5. This policy will be promoted to parents via circulation of the policy and upon enrolment.
6. Friendly and relaxed school meal times will be provided. Adequate time for children to eat their play lunch/lunch will also be provided. (It is preferable that children sit at tables and chairs in order to be comfortable whilst eating.)
7. Rewards other than food may be used by teachers. Students will be encouraged to bring:
 - A piece of fresh fruit to school each day
 - A water bottle to school each day for classroom use.
8. The school canteen will minimise the availability of foods with minimal nutritional value.
9. The school will maximise the introduction of healthy alternatives.
10. Food services (including school canteen, after and before school care, service provided by off site providers, school camps and out of school activities such as sports days/school disco) should encourage healthy food choices.
11. Healthy food alternatives will be served where possible at school functions and fund-raising events.
12. School fund-raising activities should focus on healthy food initiatives.
13. Sponsorships or advertisements from food companies producing foods of minimal nutritional value will not be allowed in school or at school-related events or in school publications
14. The Healthy Eating Committee representative will maintain a close link with Nutrition Australia
15. APS will maintain accreditation as a Healthy Eating School through Nutrition Australia.

Exceptions

Foods of minimal nutritional value are appropriate for some special occasions.

Staff or school children with medical conditions requiring special diets carry and /or consume foods that are necessary for their condition.

Evaluation

The School Council will be responsible for the review of the Healthy Eating Policy within the life of the School Strategic Plan.

This policy was last ratified by School Council

11.10.06