

HEALTHY EATING EDUCATION POLICY

RATIONALE

A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people, addressing the rise in obesity and other preventable diet-related conditions.

Schools can have a major impact on the foods and drinks that students are exposed to and consume. Enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom activities and for healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness.

It is important that parents, teachers and students work together to support a whole-school-approach to healthy eating and build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

PURPOSE

- To ensure the school applies a whole-school approach to health education, with teachers playing the central role in the education of students.
- If applicable, to ensure the School Council manages the canteen in the line with legislation.
- To ensure Newport Lakes Primary School complies with DET policy and guidelines.

Implementation:

- The school will aim to develop a culture in which students actively choose nutritious foods and a healthy lifestyle.
- As part of the curriculum the school will promote healthy eating and the benefits of being physically active.
- Students are encouraged to bring a water bottle into the classroom.
- The consumption of sugary drinks will be discouraged.
- The school will continue to monitor the choices available through the external lunch order service.
- School based events hosted by NLPS and NLPS Parents Club will comply with DET guidelines and will be parent “opt-in” through requiring a payment for students to participate.
- Families will be encouraged to bring low sugar, nut free food items or preferably non-food based treats to celebrate their child’s birthday. (Please see the Newport Lakes Primary School guide to ‘Celebrating Your Child’s Birthday in the Classroom’ for further information)
- Families are requested not to bring lollies/lolly bags for special/cultural events such as birthdays, Christmas, Easter and Eid.

REVIEW PERIOD

This policy was last updated and ratified by School Council in August 2019 and is scheduled for review in June 2020.

