



HEALTHY EATING AND PHYSICAL WELLBEING POLICY

RATIONALE

It is the primary responsibility of the Principal to ensure systems are in place to promote and support the health and wellbeing of students when at school or involved in school activities.

Learning and wellbeing are inextricably linked - students learn best when their wellbeing is optimised, and they develop a strong sense of wellbeing when they experience success in learning.

Healthy nutritional habits are essential for growth and development of children.

Students need to be active every day to promote their healthy growth and development.

Students who establish healthy lifestyle patterns at a young age will carry them - and their benefits - forward for the rest of their lives.

AIMS

To develop an informed appreciation of healthy eating habits for students.

To ensure that any foods provided by the school are consistent with a Healthy Eating and Physical Wellbeing Policy.

All school programs consistently follow the Ascot Vale Special School Healthy Eating and Physical Wellbeing Policy.

Guidelines will be provided to encourage parents, staff and the school community to follow Healthy Eating and Physical Wellbeing Policy.

To promote and support the health and wellbeing of students when at school or involved in school activities

IMPLEMENTATION

The school will implement a curriculum which supports healthy eating and nutrition and as part of the cyclic planning units of work will focus on health promotion.

Food sold through the Wednesday Awards ‘Canteen Program’ and the Café will comply with the DET recommendations and ‘The Australian Dietary Guidelines for Children and Adolescents’. The categories of Red, Amber and Green food will be used as guidelines. (see Appendix A, B, C)

Food provided to students through SAKGP and school camps will also comply with ‘The Australian Dietary Guidelines for Children and Adolescents’. The categories of Red, Amber and Green will be used

as a guide to inform teaching and learning practice. Preparing or supplying treat foods will have to adhere to the guidelines established.

Promote the drinking of water as the first and best choice.

Water bottles will be allowed in class and drinkable water will be available at the school, inside and out at all times. No soft drinks are to be consumed at school by students.

The school will be proactive and encourage students to eat fruit during the day.

Fund raising activities will not focus on the promotion of unhealthy foods that do not complement the healthy food policy e.g. chocolates, lollies, lamingtons.

During community access programs students will be encouraged to make “Healthy Choices”. For practical learning it is sometimes necessary for students to read a menu and order what they want.

Nutrition information and advice will be provided to parents in the school bulletin and communication books.

Staff members will be encouraged to model healthy eating habits whilst at school.

Parents or carers of children who are on special diets or children with allergies will be asked to provide as much information as possible about suitable foods.

Classrooms will provide an opportunity for students to enjoy ‘sometimes food’ – Amber category. This could be through the ‘Classroom Shop’ activity/Cafe.

The school will endeavour to conduct physical and sport education for the mandated time for all students in Years P–10 in government schools. The mandated times are:

- **in primary schools for years:**
 - P–3: 20–30 minutes of physical education a day.
 - 4–6: 3 hours per week of physical education and sport with a minimum of 50% of that time for physical education.
- **in secondary schools**
 - 7–10: 100 minutes each per week for physical education and sport.

Equipment to be provided for students at recess and lunch times

IMPLEMENTATION STRATEGIES

COMMUNITY

Informing parents of the changed policy.

Encourage parents to provide nutritious food to school for student lunches, snacks and water for children while attending school.

Parents will be encouraged not to supply take away lunches for students.

Educate parents on good nutrition by providing healthy eating guidelines through the school website, newsletter and diaries.

Parents will be encouraged to send a cake only for birthday celebrations

STAFF

Monitor children with food allergies closely.

List the names of children with dietary requirements and food allergies in the classroom and specify the foods to which the allergy or sensitivity applies.

Be conscious of offering foods to students that respect the religious, cultural or other requirements of parents and carers.

Model healthy eating in front of students. Take away foods and soft drinks are not to be consumed in front of students or in classrooms.

Provide cooking opportunities for students which use the guidelines of Red, Amber and Green food categories.

Provide nutritious food on school camps that complies with the healthy eating policy.
If a student brings soft drink to school parents will be notified and reminded of the policy

SAKGP, CANTEEN AND CAFÉ

Use the advice of Australian Dietary Guidelines for Children and Adolescents to build a menu that complies with the healthy eating policy.

STUDENTS

Include the Student Representative Council in areas of the change of policy so that the student representatives have some ownership of the policy.

Students to promote healthy eating by constructing posters and displaying them around the school. Vouchers to try the new menu would be a good prize for the poster competition.

EVALUATION

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

This policy was ratified by School council on 3/12/2019 and will be reviewed in December 2022 or before that date if necessary.

Appendix A.

The Australian Dietary Guidelines for Children and Adolescents.

1. Children and adolescents need sufficient nutritious foods to grow and develop normally.
2. Growth should be checked regularly for young children.
3. Physical activity is important for children and adolescents.
4. Enjoy a wide range of nutritious foods.

Children and adolescents should be encouraged to:

- eat plenty of vegetables, legumes and fruits
- eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- include lean meat, fish, poultry and/or alternatives
- include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for children under two years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents
- choose water as a drink

Care should be taken to:

- limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants
- choose foods low in salt
- consume only moderate amounts of sugars and foods containing added sugars.

Traffic light system

The Healthy Choices guidelines categorise foods and drinks into three groups. These are:

The GREEN category – best choices

Foods and drinks in the **GREEN** category are the healthiest choices. They are usually:

- good sources of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy (kilojoules)
- higher in fibre.

GREEN foods and drinks should always be available and they should be promoted as the best choices. Wherever foods and drinks are offered (e.g. retail outlets, vending machines and catering), at least **50%** of choices should be from the **GREEN** category.

The AMBER category – choose carefully

AMBER foods and drinks should be selected carefully and should only be eaten in moderation. Although **AMBER** items may provide some good nutrients they can:

- lead you to take in too much energy (kilojoules)
- contain saturated fat, added sugar and/or salt.
-

AMBER foods and drinks may be offered, but should not dominate. They should not be promoted over **GREEN** choices.

The RED category – limit

Foods and drinks in the **RED** category are not essential. If they are consumed too often, or in large amounts, they can lead to weight gain and chronic diseases.

In general RED choices are:

- high in energy (kilojoules)
- high in saturated fat, added sugar and/or salt
- low in important nutrients such as fibre.
-

RED foods and drinks should be consumed rarely and only in small amounts. In retail outlets and vending machines, no more than **20%** of foods and drinks should be from the **RED** category.

RED foods and drinks should not be provided in workplace catering.

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!

