



HEALTHY EATING POLICY

Review due: 2025

Serve the Lord with Joy Psalm 100:2

1. INTRODUCTION

St John Bosco School is committed to actively promoting health and wellbeing in relation to food and nutrition. The School acknowledges that families are responsible for the provision of food for their children. The Policy and associated guidelines support families in this role and aim to be inclusive of socio economic, cultural and spiritual perspectives.

2. RATIONALE

Recent studies have found that childhood obesity in Australia is increasing at an alarming rate. This is impacting on children's physical, emotional and social health, and on their cognitive development. Food intake also has significant implications on children's learning behaviours. Children require sufficient nutritious foods to grow and develop.

Schools in partnership with families are responsible for children's learning regarding food and nutrition. St John Bosco School promotes healthy eating practices. We utilise the *Australian Guide to Healthy Eating* which outlines daily food selection based on the five food groups.

3. SCOPE AND RESPONSIBILITIES

This Policy guides and covers the following activities and initiatives:

- The use of food in classrooms
- Food brought from home
- Shared lunches
- Catering at school events
- Fundraising

This Policy will be the shared responsibility of all members of the school community including teaching and non-teaching staff, parents, volunteers and children. The Policy acknowledges that the school is allergy aware. In our community we have a number of children allergic to nuts, egg and dairy.

4. AIMS

This Policy aims to:

- educate the whole school community about the importance of healthy eating
- actively promote the provision of healthy food choices from home
- promote the *Australian Guide to Healthy Eating* as a valuable resource
- support frequent drinking of water
- promote that foods should not be used as a reward for positive behaviour
- provide opportunities for children to eat routinely at scheduled eating times

5. EDUCATION

Teachers, families and children will support the Policy by:

- being allergy aware
- selecting nutritious foods from the five food groups, in the *Australian Guide to Healthy Eating*
- hydrating by drinking only water at school
- all other foods for celebrations should be 'sometimes food' and in small amounts
- not sharing packed food from home

6. EATING AT SCHOOL

Brain food is a mid-morning healthy bite sized snack that children eat while continuing their learning. It is an opportunity for the children to reinvigorate and assists with sustaining concentration in class. It is strongly encouraged that children eat fresh fruit or vegetables during this time.

Children eat their **recess and lunch** with their class indoors or outdoors depending on the classroom teacher. Each class is provided adequate time to eat their food.

Children are encouraged to regularly sip water from their drink bottles throughout the day.

6. NUDE FOOD

St John Bosco School promotes the Nude Food philosophy which encourages reducing waste with an emphasis on less packaging. Food scraps are collected from classrooms for composting. Purchasing bulk food and packing food for school in reusable 'Nude Food' containers helps to assist our planet; Reduce, Reuse, Recycle.

7. CATERING OF SCHOOL EVENTS

St John Bosco School recognise:

- allergy aware requirements
- ingredients must be listed
- *Australian Guide to Healthy Eating*, sometimes foods are acceptable in moderation during special occasions.

At fundraising events, eg: Mission Day, Sausage Sizzles, School Disco, P&F Special Lunches many different food options will be considered. Purchase is always a parent/caregiver choice and is optional.

8. REFERENCE

Australian Government: National Health and Medical Research Council, Department of Health and Ageing.

Australian Guide to Healthy Eating

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55_agthe_large.pdf