



Mill Park Primary School  
**Healthy Eating Policy**

**Responsibility:**  
Year level Leaders  
**Revised:** 2017  
**Next Review:** 2020

## **RATIONALE**

Mill Park Primary School acknowledges that healthy eating has a long lasting and positive impact on a child's growth, development, health and capacity to learn.

## **AIMS**

- To create and promote a positive healthy eating culture at Mill Park Primary School.
- To develop within students an informed understanding and appreciation of healthy eating habits.
- To promote healthy eating within curriculum and school programs.

## **GUIDELINES**

### **Students**

- Students will have access to their own water bottles during class. Water fountains are available during specialist classes and at lunch and recess times.
- Students will have opportunities to eat healthy foods such as fresh fruits and vegetables (Brain Food) during class time if required.
- Students will be encouraged to bring healthy food options in their lunch boxes.
- Students will be encouraged to adopt the concept of 'Nude Food' and to bring a healthy lunchbox free of packaging to school for lunch and snacks.
- Students are not permitted to share their personal food items with other children in the classroom or in the school yard; including items purchased from the canteen.
- Class parties may be organised to celebrate special occasions and/or achievements but must ensure a healthy food menu is planned or healthy food options are available.
- Student birthday treat bags are to be handed out at the end of the day.

### **Teachers**

- Teachers will be expected to model healthy eating habits in front of their students.
- Teachers are required to inform the Welfare Officer of students who appear to be provided with inadequate lunches.
- Lessons relating to healthy foods and healthy eating will form part of each child's Health & Physical Education curriculum studies.
- Consideration will be given to students who have or may have food allergies.
- Teacher rewards for recognition of excellent efforts for individual students or whole class efforts must not be related to food items.
- Teachers will inform parents/carers in writing of what food items their child is required to bring from home for class parties.

### **Parents/ Carers**

- Parents/Carers will be expected to provide water as the drink of choice in lunch boxes.
- Parents/Carers will be encouraged to provide healthy food for their children that can be eaten over two eating times.
- Parents/Carers will be encouraged to provide healthy food for their children's birthday celebrations within classrooms.
- Take-away foods are not to be brought to school by parents/carers or siblings as part of the regular school day.
- Any fried foods, confectionery and high sugar drinks are not sold through the school canteen and families are discouraged from bringing these food items to school or buying such items on excursions.

- Parents will consider the possibility of food allergies within the classroom and cater accordingly in consultation with staff.

## **IMPLEMENTATION**

- Parents/carers will be informed of the Healthy Eating Policy and be provided with information about healthy lunches and snacks through the newsletter, Parent Information Sessions and the Foundation Transition Program.
- The school's food services (canteen/special lunch days) and curriculum programs related to healthy eating should be complementary.
- The school will involve itself in local strategies designed to promote healthy foods, for example, having a vegetable garden that allows students the opportunity to be involved in growing vegetables and using these vegetables in eating or cooking.
- Fundraising activities involving food will require approval of School Council.
- The school canteen will promote a good selection of nutritious, tasty and attractive foods.
- The canteen manager will ensure compliance with the school's Canteen and Healthy Eating policies.
- Sharing food from lunchboxes or purchased from the canteen is not permitted due to the heightened risk of allergic reactions to foods or anaphylaxis.
- In the event that there is a child in a classroom who has potential for anaphylaxis then a letter will be sent home by the First Aid Officer to all class members and the adjoining classroom to inform parents that certain identified ingredients are not permitted in the classroom.
- Families are to be informed of updated information related to the importance of making healthy choices.
- Healthy eating to be promoted via the newsletter, classroom activities and school displays.

## **EVALUATION**

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