



NUTRITION POLICY



RATIONALE

At St Clare's we believe healthy nutritional habits are essential to the growth and development of children therefore, we promote a healthy and active lifestyle through educating and empowering students to make good choices about healthy eating. We also encourage physical activity throughout the day.

We believe that families, students and staff need to be supported and kept up to date with current information regarding nutrition and physical activity.

AIMS

Therefore we will

- Ensure that the curriculum is inclusive of topics that contribute to learning about all aspects of health from P-6
- Promote information through newsletters and school notice board and through informative workshops for families
- Instil in students the ability to make positive independent choices about nutrition and physical activity
- Ensure that any foods provided by the school are consistent with a healthy eating philosophy and support good oral health
- Provide a positive eating environment with relaxed, social and enjoyable experiences.

EVALUATION

This Policy will be reviewed as part of the school's three year review cycle. Students, families and staff will participate in this review process.

IMPLEMENTATION

- Curriculum relating to healthy foods and healthy eating will form part of our two year curriculum cycle
- Fundraising efforts will be varied and not always be linked to the selling or promotion of food items
- Treat days will be organised occasionally which may include items listed from any section of the traffic light
- The Principal will ensure that a supply of drinkable water is available at the school at all times and that students have access to only water-filled bottles during class times
- Staff members will be encouraged to model healthy eating habits whilst at school and to communicate positive health messages to students and families
- Students will have access to their own water bottles and may eat fresh fruit and vegetables during class time– this is known as ‘Brain Food’ and may be eaten at any time during the morning and middle block each day
- Staff will participate in professional learning that will focus on healthy food options
- As some children are affected by food allergies, we do not allow food sharing
- Students are taught about choice of healthy food options
- The Family Engagement section of the newsletter will regularly include items about healthy food options and appropriate storage of food
- Students will be given adequate time and suitable spaces to eat their food and to interact socially with others
- Good oral health will be promoted by eating healthy food items and drinking water.
- Students will be encouraged to maintain good oral health practices at home, including brushing their teeth and visiting a dentist
- Birthday treats will be given out at the end of the school day and not consumed during recess or lunch times