WE BELIEVE THAT ALL STUDENTS SHOULD BE GUIDED IN MAKING HEALTHY EATING CHOICES TO SUPPORT THEIR LEARNING.

Children and adolescents with appropriate nutrition have improved cognitive development, attention span, work capacity, classroom behaviour, and attendance at school.

The legislation that covers the supply of foods at schools in canteens or for sale does not cover food

- supplied from home for snacks and lunches
- provided from home for a child or student to share at a school social event
- prepared and consumed as a teaching and learning activity (ie not for sale)
- provided at a function for which there is no charge.

To support our students, programs will guide children and parents in making choices to promote a healthy learning environment.

- We are responsible for children’s and students’ learning regarding food and nutrition as part of the health curriculum.
- Learning programs will provide opportunities for developing practical food skills.
- Healthy eating learning programs will be inclusive of all students.
- While at school learners will eat routinely at scheduled break times and be supervised in a social environment.
- The school will actively promote daily fruit and/or vegetable consumption.
- Students will drink water throughout the day.
- Food will not be given as a rewards.
- Food and drink supplied in the course of school and preschool activities will comply with the Dietary guidelines for children and adolescents in Australia and be inclusive.
- Food for special events foods may not comply with the Dietary guidelines for children and adolescents in Australia no more than twice per school term.
- The school will foster positive communication and relationships with families to support healthy eating outcomes for young people.

- The school will work with the local lunch supplier to provide a menu for lunch orders that are within the Healthy Eating Guidelines.
- Students will be involved in developing, maintaining and utilising a garden.
- The school is involved in the ‘Eat Well, Be Active’ program supported by DECD.
- Parents are required, on enrolling a student/s or when determined by a health practitioner, to advise the school of any special dietary requirements and conditions relating to their child
  - and provide a health care plan from a medical practitioner in case of an allergy requiring medical intervention
  - and provide current medication to the site with instructions from doctor for administration
  - and know that the school will support students with medically warranted individual health care needs related to food and nutrition in line with the DECD Health Support Planning Policy, including learners who have special dietary requirements and/or have a food-related mental health issue
- No peanut products on site e.g. peanut butter/nutella sandwiches or food provided at site functions/ parties must not included peanut products.
When handling food

- all members of the school community will use effective hand washing techniques in the context of food handling.

Recommended foods

- breads, cereals, rice, pasta, noodles
- vegetables, legumes
- fruit
- milk, yogurt, cheese
- meat, fish, chicken, eggs, nuts, legumes
- beverages:
  - Water:
  - Milk
  - Fruit smoothies

The following are foods NOT recommended to be available regularly from school and preschool food supply services (school canteens and local food suppliers). They can be limited to a maximum of twice per term:

- deep fried foods and doughnuts
- high fat foods including pastry-based foods
- sweet and savoury snack foods
- beverages such as soft drinks, sports drinks, cordials and fruit juice drinks
- foods and drinks containing significant levels of caffeine and/or guarana