

# HIGHGATE SCHOOL HEALTHY EATING POLICY

## Rationale

A healthy lifestyle is vital to good health at all stages of life but especially in childhood. It is during childhood, particularly in the primary school years, that students develop lifestyle habits that can last a lifetime. It is also at this stage that major growth and development occurs, to which nutrition and a well balanced diet is fundamental.

Concern has mounted recently in Australia over the poor food choices and eating habits of students and adolescents. Research statistics widely reported in the media have raised alarm over the growing obesity problem of the Australian population, and, in particular, students and young people. Highgate Primary School endeavours to provide an environment that will have a positive impact on nutritional health and promote a healthy lifestyle in our students, staff and parents.

## Aims of a Healthy Eating Policy:

This Policy aims to promote a healthy lifestyle and provide a learning environment that will have a positive impact on the nutritional health of the students.

At Highgate Primary School we will promote:

- Positive attitudes towards healthy food choices;
- Healthy lifestyle practices, which can help, reduce the incidence of obesity, tooth decay and a number of related diseases
- Personal responsibility for decision making about healthy eating

## Objectives:

Highgate Primary School is guided by the DECD **EATWELL SA HEALTHY EATING GUIDELINES** which recommend daily availability of healthy foods which are low in fat, salt and sugar, high in fibre and with limitations on the quantity and frequency of less healthy options. These foods have been classified into three categories are

**CHOOSE PLENTY - THE GREEN CATEGORY**

**SELECT CAREFULLY - THE AMBER CATEGORY** and

**OCCASIONALLY - THE RED CATEGORY.**

## Therefore:

- All students will be encouraged and given an opportunity to eat fruit and vegetables during each school day
- Students will be encouraged to have a water bottle accessible allowing them to drink water throughout the day
- Parents will be encouraged to provide "Litter Free" food.
- Healthy treats provided at school will comply with **DECD Healthy Eating Guidelines** (i.e. no lollies as rewards)
- Our school is to be a "Nut Aware" school and therefore nut products will be strongly discouraged at our school. Parents are requested not to send food to school containing nuts.
- Students will receive explicit teaching about healthy food and nutrition as part of the health curriculum; parents will be encouraged to provide healthy food and cool foods wherever possible (i.e. ice packs)
- All food cooked at school as part of class programmes will comply with **DECD Healthy Eating Guidelines**. (ie. food only 2 x per term) All food at class parties will reflect a balance of **CHOOSE PLENTY** and **SELECT CAREFULLY**. All food consumed on camps and on excursions will comply with the **DECD Healthy Eating Guidelines**, reflecting a balance of **CHOOSE PLENTY** and **SELECT CAREFULLY**.
- The Canteen menu will comply with **DECD Healthy Eating Guidelines**.
- Supervised lunch eating time will be provided for 10 minutes daily in a social environment
- Staff will be asked to model positive food choices and not have soft drinks and lollies in class
- The school will adhere to the Food Safety Acts Students' medical needs will be supported
- Regular support will be provided to families through education about healthy food choices
- The community will be involved in promoting good nutrition. Any outside sponsorship/organisation will comply with **DECD Healthy Eating Guidelines**

Staff will ensure all students have the opportunity to eat a healthy snack and be encouraged to eat unprocessed fresh fruit and vegetables, at a regular time each day. (Established by the teacher). Staff agree that drinking water

regularly assists in caring for the brain and students will therefore have access to water.

When enrolling a child, parents will be:

- Informed of the Healthy Eating Policy.
- Encouraged to send their child to school with fresh fruit and vegetables and a bottle of water each day
- Encouraged not to send their child with chips, sweet biscuits and other **SELECT CAREFULLY**, on a daily basis, not to send food containing nuts to school.

Other relevant policies include:

1. Canteen Policy
2. Allergies and Nut Awareness Policy
3. DECD Healthy Eating Guidelines available at:  
[www.DECD.sa.gov.au/eatwellsa/files/links/HEGBrochure.pdf](http://www.DECD.sa.gov.au/eatwellsa/files/links/HEGBrochure.pdf)

REVIEW:

This policy will be reviewed by the School Governing Council in consultation with the Canteen Committee and the teaching staff, every 2 years.