



## **Wyrallah Road Public School**

### **Healthy Eating Procedures**

#### **Rationale:**

Wyrallah Road Public School acknowledges that healthy eating has a long lasting and positive impact on a child's growth, health, wellbeing and capacity to learn. Healthy eating provides children with the range of nutrients they need for optimal growth and development. Promoting healthy eating at school helps develop healthy eating habits that can last a lifetime. As a school, we aim to work alongside families to develop a positive attitude towards healthy eating among all students. We aim to achieve this through curriculum delivery, adherence to the NSW Healthy School Canteen Strategy, and our Healthy Eating Procedures, all of which promote and support evidence-based advice.

#### **Aims:**

- ◆ To create and promote a positive healthy eating culture at Wyrallah Road Public School;
- ◆ To provide evidence-based advice to families in relation to healthy eating based on The Australian Guide to Healthy Eating;
- ◆ To seek the support of families in providing healthy food options for students;
- ◆ To improve student's physical health and wellbeing, leading to improved engagement and optimising opportunity for academic growth;
- ◆ To equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their lives;
- ◆ To reinforce healthy eating practices across the school curriculum.

## **Implementation:**

- ◆ Families are encouraged to provide a wide variety of nutritious, healthy foods for their child to eat at break times and during 'Crunch and Sip';
- ◆ Water is available to students throughout the day. Students have access to drinking taps that are strategically placed throughout the school;
- ◆ Students are encouraged to bring a drink bottle to school containing water only. Students will have access to their drink bottles throughout the day, including in their classrooms;
- ◆ No sugar-sweetened drinks, such as soft drinks, cordials and energy drinks, are to be consumed on school premises;
- ◆ Fresh fruit and vegetables will be encouraged at all eating opportunities;
- ◆ Only fresh fruit or vegetables will be consumed during 'Crunch and Sip' time. 'Crunch and Sip' occurs during the first session of the day at a time determined by the class teacher;
- ◆ The school has designated supervised eating times (recess and lunch). All students are actively encouraged to eat at these times;
- ◆ Staff members are encouraged to model healthy eating habits whilst at school;
- ◆ Healthy lunches need to be balanced and should include fresh fruits, crunchy vegetables, and a combination of proteins, dairy and grains;
- ◆ No lollies (eg red frogs, sour straps), candy canes or confectionary (mars bars, dairy milk chocolate) are to be consumed by students on school premises;
- ◆ Teachers plan curriculum using Department of Education documents to provide instructions on the importance of eating a variety of foods and understanding the role of healthy food intake;
- ◆ Lunch orders provided by Wyrallah Road Public School will comply with the current NSW Healthy School Canteen policy;
- ◆ Students are not permitted to purchase food at events away from the school including any excursions and sporting events, unless the school states otherwise;
- ◆ No food will be heated up for students at recess or lunchtime;
- ◆ Parents are not allowed to supply foods to celebrate students' birthdays. The school will promote positive alternatives to celebrate children's birthdays.
- ◆ 'Occasional foods' may be permitted at special events at the school's discretion. These occasions will be clearly communicated to families and students;
- ◆ The school will encourage the consumption of 'nude foods', including promoting whole school 'nude food' days.

## **Evaluation:**

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

**Created October 2020.**