



# McDonald Park School

## HEALTHY EATING GUIDELINES

### Context:

DECD requires schools to promote and enable students to develop their capacity for healthy growth and development and healthier futures. It is acknowledged that primarily families are responsible for the provision of food to their children, however we are able to support families in this role and teach strategies which are inclusive of the socio-economic, cultural and spiritual perspective of the McDonald Park School community and provide students with the necessary skills and understandings.

### Purpose:

- To provide a healthy learning environment for all members of the McDonald Park School community.
- To raise the awareness of all members of the community regarding healthy lifestyles.

### Management:

#### *Curriculum:*

- Use the outcomes of the Australian Curriculum to provide opportunities to develop
  - practical food skills related to growing, selection, storage, preparation, cooking and serving food.
  - an understanding of dietary trends and the impact they have on health.
- Maintain a safe, supportive and inclusive environment for learning and wellbeing.
- Provide programs that are inclusive pathways for care and learning, which addresses particular and local needs, of individuals and the community.

#### *The Learning Environment:*

- Encourage learners to eat at routinely scheduled break times including 'brain break' times.
- Eat lunch in a supervised environment.
- Actively promote daily fruit and vegetable consumption.
- Support frequent drinking of fresh, clean water by encouraging students to have a water bottle in the classroom.
- Food is not used within behaviour management programs eg as a reward for good choices. This does not preclude the use of food as part of activities celebrating individual or group achievement.

#### *The School Environment:*

- The School canteen will comply with the Healthy Eating Policy and with the Dietary Guidelines for Children and Adolescents in Australia.
- Food provided in the course of school activities will comply with the Dietary Guidelines for Children and Adolescents in Australia, and be inclusive of the socio-economic, cultural and spiritual perspectives of the McDonald Park School community. This includes food supplied in all settings such as learning programs, Stephanie Alexander Kitchen garden program, camps, excursions, the breakfast program, fundraising and celebrations.
- Foods that do not comply with the guidelines because they are, for example, high in fat, salt and/ or sugar, low in fibre and of poor nutritional value and energy density will not be supplied on a regular basis but might be supplied as part of a special event. This will not occur more than twice per term.
- Comply with food safety legislation as required under the Food Act 2001 and Regulations.
- Ensure any partnerships with the food industry and related organisations, including sponsorship arrangements, support the healthy eating guidelines.
- Maintain partnerships with families, communities, professionals, services and industry to support a whole-of-community commitment to well being and learning.
- Support community initiatives that assist groups who are at risk.
- Is breastfeeding-friendly.

### Promotion:

- Parents and caregivers being informed via the newsletter and other correspondence.
- New families to the school community being informed via Enrolment Information Packs.
- Governing Council being informed and giving approval and support of this policy.

- Staff being informed and provided with training opportunities.
- Students being informed via teachers, signs and newsletters.

**Review:**

This policy will be reviewed by staff and Governing Council every two years.

*Policy developed June 2009, ratified by Governing Council June 2009*

*Reviewed 2015*