



Healthy Eating Policy

Policy Rationale

Castletown Primary School aims to promote nutritional eating habits in a safe, supportive environment for all children. Early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in both the short and long term.

The school day is busy, filled with learning, concentration and physical activity. Food is fuel for our bodies and healthy food provides your child with energy and nutrients to get them through the day.

Healthy eating habits begin at home, but schools and their canteens play a role in supporting parents/carers and ensuring children understand the importance of making healthy food choices.

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Castletown Primary School's Healthy Food and Drink policy:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's Healthy Food and Drink policy
- applies to food and drink supplied to students including classroom rewards, cooking activities, school camps and excursions
- applies to school canteen operated by Castletown P&C, external contractors and any local caterers/shops that provide a food service to the school.

WHOLE SCHOOL APPROACH

Childhood obesity is now recognised as a world-wide epidemic. Being overweight and obese are significant health issues for children. If we help children deal with these issues during childhood, they're less likely to have problems with being overweight and obesity later in life.

Castletown Primary School will work to support healthy eating habits for students. Adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.

Castletown Primary School will adopt a whole school approach to promote healthy lifestyles through the following:

- Promoting the Traffic Light System
- Crunch&Sip
- Promoting a safe environment for students to practice healthy eating habits
- Assembly morning teas
- Newsletter communications on healthy eating and/or health promoting messages
- Fundraising initiatives which promote healthy eating and physical activity
- Friday faction fitness programs

Traffic Light System

To assist Castletown Primary School to effectively implement this policy we request that parents only send GREEN and/or AMBER foods to classroom celebrations.

See Appendix A – Traffic Lights Table

Crunch&Sip

Crunch&Sip is a set time during the school day for students to eat vegetables and fruit and drink water in the classroom. Students bring vegetables and/or fruit and a clear water bottle to school each day for the Crunch&Sip break.

Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

Students in Kindergarten and Pre-Primary are asked to bring a piece of fruit or vegetables to share.

Promoting a safe environment for students to practice healthy eating habits

Castletown Primary School is an *ALLERGY AWARE* school. Allergies are very common and increasing. There are many different causes of allergy and symptoms vary from mild to potentially life threatening. At any time our school will have some students who are anaphylactic. Castletown Primary School is committed to providing a safe and healthy environment for students. While banning particular foods and declaring schools to be 'nut free' is not recommended by Australian Society of Clinical Immunology and Allergies (ASCI) as it is not possible to guarantee such positions, it is recommended that schools develop strategies to promote allergy awareness.

Please see our Allergy Aware policy for more information.

Apart from special class or school celebrations, we ask of students not to share food brought from home.

Castletown Primary School is committed to providing a safe environment for students to eat their lunch consistent with our commitment to a high care culture, which teaches and promotes healthy eating and social habits and etiquette.

Assembly morning teas

Over the school year each class will host an assembly. Following the assembly the parents and carers of the class hosting the assembly are invited back bring a plate of food back to the classroom to share in a morning tea. This offers students the opportunity to host their loved ones in their class room and share food in a positive, social way, as well as to show what they have been working on. For families it is a great opportunity to catch up with the teacher over morning tea.

We request that parents and carers only send GREEN and/or AMBER foods for these morning teas.

Newsletter communications on healthy eating and/or health promoting messages

The school will look for ways to promote healthy eating, and regularly communicate regarding this in the school newsletter

Fundraising initiatives which promote healthy eating and physical activity

School fundraising initiatives should be non-food related.

School Fun Run and other initiatives promote physical activity and healthy lifestyle.

Friday faction fitness programs

Castletown Primary School Canteen

Please refer to Castletown Primary School Canteen Policy.

See Appendix B – Castletown Primary School Canteen Policy.

Policy Document Approved by Board

Meeting Date: 30 October 2019

Policy to be reviewed: Annually