

Principals are required to adopt a whole school approach to healthy eating within the school community. Schools play a role in ensuring children understand the importance of making healthy food choices. A whole school approach helps students to develop knowledge, understanding and skills to support them to make healthier choices. Our school environment and Health curriculum support and promote healthy eating as this helps students to achieve optimal learning outcomes.

Parent/carers will make decisions about their own child's diet, food choices and lunchbox.

Green food and drinks	Are a good source of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ)
Amber food and drinks	Have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can , in large serves, contribute to excess energy (kJ)
Red food and drinks	Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ)

Classrooms

Students have opportunities to learn about making healthy choices through engaging in the Health Curriculum and participating in cooking activities in a range of curriculum areas. Staff are expected to reinforce healthy eating and drinking practices, taking a positive and respectful approach, and addressing any related health concern with the child's parent. Food will not be used as a reward for students and staff will implement alternative ways to reward students.

Where students are supplied food as part of classroom activities, 'green' and 'amber' foods will be supplied. Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning experience. Staff will seek permission from the Principal on these occasions and will notify parents/carers in advance of the activity and related food to be supplied.

Staff will take note of any allergies which the school has been made aware of, prior to planning such activities.

Whole School

Permission to use our school's premises for food service will only be granted on the basis that the Healthy Food and Drink in Public Schools Policy and Procedures are implemented.

All students must have easy access to the regular consumption of water.

The school actively promotes healthy eating through regular messaging to families through our communication platforms, holding health promoting events and encouraging healthy practices.

Celebrations

Celebrating students' birthdays or other special occasions is important and should be recognised in a special way, however food treats provided by parents are discouraged and will not be distributed by school staff to ensure the health and safety of all students.

Occasional class parties to recognise a special event will be celebrated with fun games/activities and may include food options which align to the policy. Shared food provided from home is not permitted in consideration of students with allergies, financial consideration and all children's health and safety.

Fundraising

Fundraising initiatives by the Parents and Citizen's Association should promote a consistent message with the school and consider healthy options which align to the Healthy Food and Drink in Public Schools Policy and Procedures.

Camps and Excursions

All food and drink for such events must be approved by the Principal. However, 'green' and 'amber' foods are strongly encouraged.

