

# **FOOD AND NUTRITION POLICY**

## **FAWKNER PRIMARY SCHOOL**

**The health and developmental well-being of our students is vital to their success at school. Fawkner Primary School is committed to promoting healthy living principles for children in a framework that supports good health and builds confidence and self- esteem.**

### **Aims**

- To improve children's health and educational outcomes.
- To increase children's involvement in physical activity.
- To develop an awareness within students of the importance of a healthy lifestyle and to adopt healthy eating practices.
- To provide students with the background knowledge and skills they need to develop their own balanced lifestyle.
- To develop an understanding of how food provides nutrients for energy and growth and how to select food to promote health and growth.
- To develop a school culture which promotes a positive attitude to good eating habits.
- To increase awareness of the importance of eating fruit or vegetables and drinking water every day.
- To provide information to families and children about healthy eating and physical activity.

### **Implementation**

- Food and Nutrition is a shared responsibility between school, home and the community.
- Nutrition education is integrated into the school curriculum at all levels.
- Only plain water is to be consumed in the classroom throughout the day.
- Teacher will encourage students daily to consume a small piece of fruit or vegetable at school.
- The canteen to offer a variety of nutritious food and snacks at affordable prices, and to include a range of cultural foods.

- Staff are encouraged to participate in professional development and access information on nutrition education using many and varied resources, e.g. internet and outside agencies.
- Families are encouraged to participate in decisions about health promotion activities.
- The school will continue to participate in the 'Kids and Fruit' program, providing each student with a piece of fruit 3 times a week.
- Information will be provided in school newsletters to promote healthy eating and inform families about healthy lunches for their children and the benefits of physical activities.
- Play equipment is available for use for all grade levels and will be safe and challenging for the children. There is shade protection provided for outdoor play equipment.
- To liaise with health service personnel to complement nutrition education in the classroom and school. (E.g. ***Nutrition Australia and fun 'n healthy in Moreland***)

### **Evaluation**

- The Food and Nutrition Committee and the school's leadership team will review the Food and Nutrition Policy annually.