



Healthy Eating Policy

St Peter Apostle Primary School

St Peter Apostle Primary School is a Health Promoting School. Our goal is to continually improve and protect the health and well being of the whole school community including students, teachers, other staff and parents. We acknowledge that we have a responsibility to educate the school community about nutrition and provide them with opportunities to use this knowledge when making healthy food choices.

We believe a healthy eating plan is fundamental not only to add life to years but also to add years to life. St Peter Apostle is committed to setting a good example by promoting and offering healthy eating options. We aim to make healthy eating an easy and informed choice for the entire school community.

The implementation of the Healthy Eating Policy is the shared responsibility of the parents, teachers and students. These responsibilities are outlined below.

The responsibilities of the teachers are:

- To ensure that the school curriculum is rich with learning opportunities which encourage and aid students in making wise choices when selecting food and drink.
- To promote the drinking of water as the first and best choice.
- To promote healthy eating in all school activities.
- To ensure that students are not given unhealthy foods (including gifts at the end of the year or at Easter) as rewards eg. a chocolate bar or lolly for good behaviour.
- To promote an awareness of Anaphylaxis as more than food intolerance, but a life threatening allergic reaction and to discourage known allergens eg. nut products from being brought to or shared at school.
- To promote healthy eating snack breaks throughout the day.
- Teachers may use red/amber foods twice per term to enhance learning experiences.

At St Peter Apostle Primary School, we regard the care, safety and wellbeing of young people as our fundamental responsibility.

The responsibilities of the Parents are:

- To help reduce the amount of sugar or fat filled foods that are brought from home.
- To support the St. Peters Apostle Healthy Eating Policy and help promote a healthy lifestyle in each family.
- To provide healthy eating snack foods (fruit, vegetables or natural yoghurts) for 'snack breaks' throughout the day.

The responsibilities of the School Education Board are:

- To monitor and endorse the Canteen Menu at the beginning of each school year. Any alterations or additions required must also be approved by the Board, before they can be included on the menu. Green category foods can be added or changed at any time without reference to the School Board. If an Amber category food is to be added to the menu, it must replace an existing Amber category food already on the menu.
- To endorse a maximum of three food related, fundraising events organised by the Parents and Friends committee, where participation in the events is strictly on a voluntary basis.

The responsibilities of the School Canteen are:

- To ensure that all food and drink available at the canteen will be approved Green or Amber category foods based on the Victorian School Canteen Association's Buyers Guide which accords with government guidelines.
- To present the Canteen Menu to the School Education Board for approval, at the beginning of each year.
- To ensure that the canteen will provide Green category foods 4 days a week with Amber category foods to be available on only three days a week. The only exception to this rule is non Amber food days in excess of 30°C (as determined by the canteen manager in consultation with the school principal), on these days the canteen may sell frozen icy poles.

The responsibilities of the Parents and Friends committee are:

- To organise a maximum of three food related, fundraising events, on the understanding that participation is to be on a voluntary basis.
- To seek approval from the School Board for such fund raisers.
- To encourage parents to provide healthy food options at community functions such as the Family night and Christmas Carols.

Evaluation:

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

This policy was last ratified in

May, 2018

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