



Shepparton East Primary School

Policy:

HEALTHY SCHOOL POLICY

Approved at School Council Meeting: May 2025

Review: 2027

Rationale:

- Healthy nutritional habits are essential to the growth and development of children.
- It is important that parents, teachers and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.
- This Policy applies to food services and events within the school environment, for example school events such as celebrations and sports days, fundraising and foods used in curriculum activities. This policy aims to compliment the GFYL School Canteens and Other School Food Services Policy.

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods and activities provided by the school are consistent with a healthy eating philosophy.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote a healthy lifestyle including health promotion activities, local fruit and vegetable growing or local dairy industry promotions.
- The school and the school lunch service will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Dietary Guidelines for Children and Adolescents – 2003' and operate in a manner consistent with guidelines contained within the "GFYL Healthy School Food Services Policy".
- The Principal and School Council will ensure that foods served at the school comply with a healthy eating model.
- The school lunch service will not sell soft drinks or lollies.
- Healthy foods and drinks will be available to students in the OSHC program.
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons, and have a fruit or vegetable break.
- The school will limit fundraising activities that focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Staff are to inform the Principal of students who do not have adequate lunches or come to school without having eaten breakfast.
- The school's Breakfast Program will promote healthy eating habits with nutritious foods.