



Moonee Ponds West Primary School

Our vision is to foster a community of lifelong learners. We strive to develop socially responsible and resilient individuals who are working towards achieving their full learning potential.

Values
Respect
Community
Honesty and Integrity
Creativity
Persistence
Inclusiveness
Freedom
Rights & Responsibility

MOONEE PONDS WEST PRIMARY SCHOOL HEALTHY EATING POLICY

Purpose:

Healthy eating means eating a wide range of nutritious foods drawn from the five food groups. These foods contain vitamins and minerals essential for the health of growing bodies. Healthy nutritional habits are essential to the growth and development of children.

The regular intake of healthy food and water enable the body to function at peak performance and support learning and help to prevent significant illnesses.

Families and school staff can be influential role models for positive health choices and behaviours in children.¹

Aims:

- To develop a whole school approach that gives a strong and consistent message of the benefits of life-long healthy eating habits for our school community.
- To develop a breadth of understanding about the diversity of foods in our community.
- To promote foods consistent with the *School Canteens and Other School Food Services Policy*² and healthy eating advice from the Better Health website endorsed by the Victorian Government Department of Health in all school activities and events.
- To develop links between classroom curriculum, the local food industry (local businesses, producers and markets) and the practice of healthy eating.
- To establish a strong link between healthy eating, school “vegie” patch and seasonal produce by engaging students in the growing, harvesting, preparing and eating of food.

Guidelines for action:

- Through discussion, students will be encouraged to eat a variety of healthy foods and to drink water while at school. This can be measured through informal surveys of foods eaten. This may also include the opportunity to have healthy snacks and drinks available during class-time.
- Year level Information sessions and classroom newsletters will include information for parents about the healthy eating, rubbish free lunches and the link to student wellbeing.

¹ (Ideas above drawn from *Australian Government Department of Health and Aging, Better health and aging for all Australians* website)

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-index.htm>

² <http://www.education.vic.gov.au/management/schooloperations/healthycanteen/confect.htm>



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- Families are encouraged to provide rubbish-free lunchboxes that primarily consist of healthy *everyday foods and minimal *occasional foods.³
- Families are encouraged to provide healthy options, consider food allergies (e.g. Anaphylaxis) and waste when providing foods for celebrations.
- Students will learn about healthy life choices in learning opportunities linked to the “vegie” patch and Units of work where appropriate.
- Implement opportunities for all students to make links between our school “vegie” patch, growing, harvesting, cooking and eating healthy foods.
- Invite local community food industry members to be involved in educating the school community.
- All activities under staff direction involving food will take into account the **School Canteens and Other School Food Services Policy* and healthy eating advice from the Better Health website endorsed by the Victorian Government Department of Health.⁴
- Alternative food choices are made available for teachers and community members to consider when planning learning activities involving food.
- Parents organising fundraising events to provide healthy options as well as occasional foods as per the MPWPS Healthy Eating Policy.
- External canteen providers must comply with the *School Canteens and Other School Food Services Policy* and healthy eating advice from the Better Health website endorsed by the Victorian Government Department of Health. Providers should consider the school philosophy linking healthy eating and seasonal produce.
- Display information posters about healthy foods in appropriate places at school such as in the School kitchen and Community room.
- Seek opportunities to link healthy food with cultural and school events, special occasions and community events (e.g. Harmony Day).

Evaluation:

Our Healthy eating policy will be reviewed in 2015.

Ratified by School Council 28th October 2013.

³ Definitions of these can be found at School Canteens and Other School Food Services Policy, Better Health website.

⁴

<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/confect.htm>
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/healthy_living?open