



## **SORRENTO PRIMARY SCHOOL HEALTHY FOODS/ACTIVITIES POLICY**

**Reviewed: 27<sup>th</sup> March 2017**

**Next Review Date: March 2020**

### **Purpose**

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

### **Implementation**

- The development of an appreciation of healthy foods, healthy eating habits and physical activity.
- A whole school curriculum plan reflecting the Victorian Curriculum, relating to healthy foods, healthy eating and physical activity will form part of each child's annual Health & Physical Education curriculum studies.
- Timetabling of physical and sport education is consistent with DET requirements.
- A Ride/Walk to School Day will be held at least once per term.
- Play equipment will be made available for student usage during play breaks.
- The provider of school lunch orders, school functions and fundraising activities will be required to provide a good selection of nutritious, tasty and attractive foods in line with the following:

#### **1. Everyday Foods**

- Breads and cereals, rice, pasta, noodles.
- Vegetables
- Fruits
- Dairy foods – reduced or low-fat milk, yoghurt and cheese.
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils).
- Water

**2. Select Carefully Foods** (contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added). The availability of the following foods should be limited and not promoted at the expense of foods and drinks from the Everyday category.

- Full-fat dairy foods, low-fat ice-cream.
- 100 per cent fruit juices and 100 per cent fruit-juice based ices.
- Artificially sweetened drinks.
- Reduced-fat processed meats.
- Commercially prepared hot foods.
- Reduced-fat, high-fibre snack foods.
- Margarines, oils, spreads, sauces and gravies.

### **3. Occasionally Category Foods**

The availability of these foods and drinks will be limited to no more than two occasions per term.

Foods and drinks in this category are defined as 'extra foods' and include:

- Pastry-based or crumbed hot foods.
  - Savoury snack foods – crisps, chips, biscuits.
  - Ice-creams and ice confections – chocolate-coated and premium ice-creams, icy-poles and ice crushes.
  - Cakes, muffins, sweet pastries, slices, biscuits and bars.
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- The provider of school lunch orders will ensure that all foods offered have School Council's approval.
  - The Principal will ensure that a supply of drinkable water is available at the school at all times.
  - Students will have access to their own water bottles, containing water, during class lessons, unless it is deemed by the classroom teacher to be inappropriate to do so.
  - Staff are to inform the Principal of students who appear to be provided with inadequate or inappropriate lunches.
  - Students without lunch will be provided with a sandwich.
  - Chewing gum, lollies, energy drinks and soft drinks are banned from school.
  - Staff are not to give out lollies.
  - School community members are encouraged not to bring confectionery, high sugar drinks, chips and fried foods to school.
  - Families are informed of the healthy eating and physical activity policy and are provided with information to meet this policy requirement through displays, newsletter articles and other promotional material.

### **Evaluation**

1. Teacher responses to what students are bringing for lunch.
2. Students' knowledge of healthy eating.
3. Audit timetable for physical activity.