



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

**Reviewed: 18th May 2020**

**Next Review Date: March 2023**

### **PURPOSE**

To ensure that any foods provided by the school, or brought into the school, are consistent with a healthy eating philosophy.

### **OBJECTIVE**

To develop within students and their parents/carers, an informed appreciation of healthy foods, healthy eating habits and physical activity.

### **POLICY**

- Sorrento Primary School is committed to promoting an appreciation of healthy foods, healthy eating habits and physical activity to its students and their parents/carers.
- The school follows a whole-school curriculum plan (reflecting the Victorian Curriculum), relating to healthy foods, healthy eating and physical activity which forms part of each child's annual Health & Physical Education curriculum studies. This includes timetabling of physical and sport education (consistent with DET requirements), a Ride/Walk to School Day held at least three times a year, and play equipment made available for student usage during play breaks.

#### **The school encourages healthy foods and eating habits by:**

- Ensuring that the provider of school lunch orders, and the foods being offered, have School Council's approval.
- Ensuring that a supply of drinkable water is available at the school at all times.
- Allowing students to have access to their own water bottles, containing water, during class time (unless it is deemed by the classroom teacher to be inappropriate to do so).
- Staff are to inform the Wellbeing Co-ordinator 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 or chocolates.
- School community members are not to bring confectionery (including chocolate and lollies), high sugar drinks, 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.
- Any providers of school lunch orders, school functions catering and fundraising activities are 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.
- Processed meats, such as for sausage sizzles.

This policy does not apply to:

- Foods and drinks used for the management of individual student's health conditions
- Student birthday celebrations
- School camps