
HEALTHY FOODS

RATIONALE

- Healthy nutritional habits are essential to the growth and development of children.

AIMS

- To develop within students an informed appreciation of healthy eating habits.
- 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 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 healthy foods.
- The school lunch order options will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Dietary Guidelines for Children and Adolescents' and operate in a manner consistent with suggestions contained within the Healthy Canteen Kit.
- The school will ensure that all foods served to the school comply with the school council's approved healthy foods list.
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- At least once per year the whole school will focus upon a theme of healthy foods.
- 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 permission to eat healthy foods such as dried fruits during class time 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 lunches.

EVALUATION

This policy was originally formed, and will be reviewed in consultation with all members of the wider community (all staff, parents, students, and interested members of the community) as part of the school's five - year review cycle.

SIGNATURE

Reba Al-Hammam



Principal

School Council President

