

POLICY NO. WEL006 (Previously #74)	Healthy Foods
Written by:	Danny Mulqueen
Date approved by School Council:	11 th September, 2006
Reviewed by Education Sub Committee:	15th July 2014
Date approved by School Council:	15 th July 2014

PURPOSE:

- To encourage healthy nutritional habits that are essential to the growth and development of children.
- To develop within students an informed appreciation of healthy eating habits.

GUIDELINES:

- The development of an appreciation of healthy foods and eating habits will 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 eg: local fruit growing or local dairy industry promotions.
- The canteen coordinator will ensure a range of healthy food choices will be available.
- The canteen will only sell items approved by the Healthy Canteens Advisory Service
- The School Council will review current lease arrangements with a view to compensation to the lessee should the canteen operator suffer loss as a result of this policy in 2014.
- 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 during class lessons.
- Students will be permitted to eat fresh fruit, dried fruit or vegetables during class time at the discretion of the teacher.
- Fundraising activities, approved by School Council, will still be permitted.
- Staff are to inform the principal of students who appear to be provided with inadequate lunches,
- In respect of the diverse values amongst our families, when sharing special celebrations such as birthdays we ask that you consider our Healthy Food Policy.



Some suggestions for doing this which you may like to choose from are:

- Bring a packet of natural confectionery and offer a single piece to each student in your child's class at the end of the school day
- Offer a healthy, bite-sized muffin to each student in your child's class at the end of the school day
- Consider moving away from food altogether and provide a small gift such as a balloon to each student

Evaluation:

Regular review by Education Committee.

Related Policies:

Policy FIN005 (# 73) Sponsorship

Policy WEL007 (# 53) Student Engagement and Well being