



# Baringa School

Be Safe, Be Respectful, Be a Learner.

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## HEALTHY EATING POLICY

### Rationale

A healthy lifestyle is vital to good health at all stages of life but especially in childhood. It is during childhood and adolescence that children develop lifestyle habits that can last a lifetime. It is also at this stage that major growth and development occurs to which nutrition and a well-balanced diet is fundamental.

Concern has mounted recently in Australia over the poor food choices and eating habits of children and adolescents. Research statistics widely reported in the media have raised alarm over the growing obesity problem of the Australian population and in particular children and young people. Baringa School endeavours to provide an environment that will have a positive impact on nutritional health and promote a healthy lifestyle for our students, staff and parents.

### *Health risks of poor eating habits include:*

- Increased risk of heart disease
- Diabetes
- Ill health and early death

### *Learning and behaviour risks of poor eating habits include:*

- Lower self esteem
- Anxiety and depression
- Social discrimination
- Higher level of physical discomfort (eg heat intolerance, heat rashes, breathlessness on exertion & aches and pains)
- Deterioration of general health

### **Aims of a Healthy Eating Policy**

This Policy aims to promote a healthy lifestyle and provide a learning environment that will have a positive impact on the nutritional health of the students, staff and parents.

At Baringa we will promote:

- A positive attitude towards healthy food choices
- Lifestyle practices which can help promote healthy lifestyles and reduce the number of related diseases
- Personal responsibility for decision making about healthy eating

### **Objectives**

Baringa School is guided by the DET 'Eat for Health' Australian Dietary Guidelines which recommends daily availability of healthy foods which are low in fat, salt and sugar, high in fibre and with limitations of the quantity and frequency of less healthy options. These are known as 'Everyday Foods' as opposed to 'Sometimes Foods'.

**Therefore:**

- Students will be encouraged and given an opportunity to eat fruit and vegetables during each school day.
- Students will be encouraged to have a water bottle accessible allowing them to drink water throughout the day.
- Extrinsic food rewards should be used with discretion. Focus on non-food rewards where possible.
- Students will receive explicit teaching about healthy food and nutrition as part of the health curriculum.
- Parents will be encouraged to provide healthy food wherever possible.
- All food cooked at school as part of class programs will comply with the 'Eat for Health' Australian Guidelines (ie. 'Sometimes' foods only 2 occasions per term)
- All food at class parties will reflect a balance of everyday and sometimes foods.
- All food consumed on camps will comply with 'Eat for Health' Australian Guidelines, reflecting a balance of everyday and sometimes foods.
- Out of school programs will comply with the 'Eat for Health' Australian Guidelines (ie. 'Sometimes' foods only 2 occasions per term).
- The Canteen menu will comply with the 'Eat for Health' Australian Guidelines.
- Supervised lunch eating time will be provided for 15 minutes daily in a social environment.
- Staff will be asked to model positive food choices.
- The school will adhere to the Food Safety Acts.
- Children's medical needs will be supported.
- Regular support will be provided to families through education about healthy food choices.

**Therefore at Baringa School:**

- Soft drinks, sports drinks and energy drinks are not to be consumed by students while at school.
- Consumption of lollies by students are to be discouraged.
- Foods high in fat, salt and sugar are discouraged.
- Foods low in sugar, salt, fat, unprocessed and minimally processed foods are encouraged (eg. Fresh fruit and vegetables, whole grain bread, cheese, yogurt)
- School funds will not be used to purchase lunch unless previously arranged.
- Students without lunch will be provided with a sandwich and fruit.

**When enrolling a child, parents will be:**

- Informed of the Healthy Eating Policy
- Encouraged to send their child to school with fresh fruit and vegetables and a bottle of water each day.
- Encouraged not to send their child with chips, sweet biscuits and other 'sometimes foods' on a daily basis.

**REVIEW:**

This policy was reviewed on the 3<sup>rd</sup> of October, 2024. It is due for further review in October 2027.