

# Wooragee Primary School

## Healthy Eating & Oral Health Policy 2015-2018

### Rationale:

Healthy eating and healthy lifestyles assist children to develop and grow to their potential. Good nutrition and healthy choices in childhood are also important in preventing lifestyle diseases such as obesity, dental diseases, Type 2 diabetes, hypertension and later in life osteoporosis, cardiovascular disease and a range of cancers. Eating nutritious foods supports students' concentration, ability to think clearly and to learn.

Oral health is essential for the overall health and wellbeing of children and young people. Oral diseases can negatively affect individuals through pain, discomfort, and impacts on general health and quality of life. The main oral health condition experienced by children is tooth decay with one in four children aged 5-12 years having filled teeth. Tooth decay is Australia's most prevalent health problem despite being almost entirely preventable.

### Aim:

- To promote healthy eating behaviours which contribute to good school community health and wellbeing.
- To support children to make healthy food and drink choices.
- As a health promoting school, we will promote healthy eating and good oral health to students, staff and families through learning activities, policies, creating a safe and healthy physical and social environment and developing community links and partnerships.

### The definition of healthy eating is:

~ Eating in a way that is socially and culturally appropriate, having regular meals and snacks that satisfy hunger, appetite and energy needs.

~ Eating a wide variety of foods from the five food groups each day. These are:

- Fruit
- Vegetables, legumes, beans
- Grain (cereal) foods mostly wholegrain and or high cereal fibre varieties
- Milk yogurt, cheese, and alternatives, mostly low fat
- lean meat, poultry, fish eggs, tofu, nuts, seeds, legumes and beans

### The definition of nutrition is:

~ The process of providing or obtaining food necessary for growth and health.

### The definition of 'Sometimes' foods and drinks is:

~ Foods and drinks that are high in fat, sugar and salt or a combination of these that should be eaten only sometimes and in small amounts. They typically have very little nutritional value and are often processed and packaged process of providing or obtaining food necessary for growth and health. e.g. *marshmallows, ice cream, high sugar/fat cakes/biscuits*. Sometimes foods will be permitted at special school events such as birthdays.

## **Implementation:**

- The school will participate in the Healthy Together Achievement Program.
- A health and Wellbeing Team will be formed to coordinate the school's health and wellbeing practices and includes; students, parents, staff, health professionals who will invite engagement from the whole school community.
- A health Promotion Charter will be established and displayed in the office foyer.
- The Health & Wellbeing team will conduct an audit on each the Healthy Together Achievement Program eight priority benchmarks and develop an action plan to meet all benchmarks applicable to the school.
- The school aims to apply for recognition in the eight priority areas of:
  - Healthy Eating & Oral Health
  - Physical Activity
  - Sun Protection
  - Tobacco Control
  - Mental Health & Wellbeing
  - Safe Environments
  - Alcohol & other drug use
  - Human development & relationships
- The school will promote and encourage the consumption of fruit and vegetables on a daily basis. With fruit, vegetables and water will be the only items consumed by children at Fruit & Veg Snack times.
- Safe drinking water will always be available.
- Students will be encouraged to regularly drink water from their water bottle. No other drinks are to be brought to school.
- Students will be encouraged to refrigerate their lunch if required.
- Students and staff will sit together to eat food in a respectful social context when possible.
- Arrangements will be made to ensure slow eaters are not rushed to eat food.
- Uneaten food will be sent home so parents are aware of their child's food consumption, likes and dislikes.
- Families will be encouraged to provide food in their child's lunch boxes in line with Australian Guide to Healthy Eating Guide.
- Nude Food/Rubbish Free Lunch strategies will be made available to families through the newsletters and parent handbook and are encouraged where possible but not mandated.
- Healthy body image and enjoyment of good food choices and oral hygiene and care will be encouraged by staff and health professionals.
- Students will be encouraged to prepare their own lunches and fruit-vegie snacks.
- The school's Stephanie Alexander Kitchen Garden Program will implement the Australian Guidelines to Healthy Eating weekly.
- Students will be encouraged to taste a wide variety of foods with a range of flavours, textures, colours, and aromas through menus and food experiences.
- Fruit, vegetables and herbs grown in the school will be cooked/prepared in season whenever available.
- The school will access the Healthy Together Eating Advisory Service and/or the Stephanie Alexander Kitchen Garden Foundation for assistance with menu choices.
- Food practices from diverse cultural backgrounds and traditional beliefs will be respected and valued by the school.
- Opportunities to learn about food and healthy eating will be embedded in the educational program.
- The school will work with the community and local health professionals to deliver and promote healthy eating initiatives.
- Safe food handling guidelines will be followed in the preparation and eating of food at school.
- Confectionary, soft drinks, sports drinks, fried foods, chips, dry noodles, lollies etc. are not generally permitted at school or at school functions.
- Food will not be used as a reward to provide comfort.
- Facilities will be made for students and staff wanting to clean their teeth during school hours.

## **Related policies & Resources**

- [Health Education Approaches](#)
- [Purchasing](#)
- [School Councils](#)

## **Department resources**

The Healthy Canteen Kit has been developed to support students making healthy food choices at school and through life. The Kit contains a number of resources including the School Canteens and Other School Food Services Policy to assist schools develop healthy canteens and other food services.

The School Canteens and Other School Food Services Policy explains the guiding principles, including food selection, food categories, food safety and the role of school council in developing a school food services policy. This school-level policy applies to food services within the school environment, for example school events such as celebrations and sports days and vending machines, see: [Healthy Eating Education](#).

For more information see: [Download Healthy Canteen Kit](#)

- <http://www.achievementprogram.healthytogether.vic.gov.au/> ((Healthy Together Achievement Program)
- <http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/health.aspx>
- <http://www.education.vic.gov.au/school/principals/spag/health/pages/eating.aspx>
- <http://www.kitchengardenfoundation.org.au/> (Stephanie Alexander Kitchen Garden Foundation)
- <http://www.nudefoodmovers.com.au/> (Nude Food Movers)
- <http://www.earthfirst.net.au/EarthFirst%20-The%20Greenguide%20Directory%20for%20Earth%20Safe%20Eco%20Products> (Earth First)
- <http://schoolsrecycle.planetark.org/documents/doc-846-waste-free-lunch-guide-final.pdf> (Waste free lunch Challenge)
- [https://www.nhmrc.gov.au/files\\_nhmrc/publications/attachments/n55a\\_australian\\_dietary\\_guidelines\\_summary\\_131014.pdf](https://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_131014.pdf) (Australian Dietary Guidelines)
- [http://docs.health.vic.gov.au/docs/doc/1A32DFB77FEFBE9CCA25789900125529/\\$FILE/Final%20Oral%20Health%20Resource%20May%202011%20web%20version.pdf](http://docs.health.vic.gov.au/docs/doc/1A32DFB77FEFBE9CCA25789900125529/$FILE/Final%20Oral%20Health%20Resource%20May%202011%20web%20version.pdf) (Oral Health messages)
- [http://docs.health.vic.gov.au/docs/doc/CF4AB51AD4A9E531CA257B770082A637/\\$FILE/1303009\\_htv\\_oral\\_health\\_WEB.pdf](http://docs.health.vic.gov.au/docs/doc/CF4AB51AD4A9E531CA257B770082A637/$FILE/1303009_htv_oral_health_WEB.pdf) (Action planning oral health)
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## **Related legislation**

- Section 2.3.5 of the *Education and Training Reform Act 2006*
- *Food (Amendment) Act 2001 – Act No. 14*
- National Food Safety Standards

## **Evaluation:**

- This policy will be reviewed every three years or earlier as required.

***Ratified: March 2015***

***Review Date: March 2018***