



# MACEDON PRIMARY SCHOOL

## Healthy Eating and Physical Activity Policy

### Rationale

Healthy nutritional habits are essential for the growth and development of children physically and academically. The Department of Education and Training (DET) has recognised that foods eaten during a child's early years and at school contribute significantly to a child's daily nutrient intake and also have a considerable influence on the development of their lifelong eating habits, growth patterns and energy levels.

Macedon Primary School is committed to supporting nutrition education, healthy eating and physical activity for all students to enhance their general wellbeing and academic outcomes.

### Aims

- To develop within our students and school community an informed appreciation of healthy eating habits, physical activity and healthy lifestyles.
- As far as possible, to ensure that any foods provided by the school are consistent with the Kids - 'Go for your Life' guidelines and the *School Canteen and Other School Food Services Policy (Healthy Canteen Kit)*.
- To encourage healthy eating and physical activity habits that children will carry throughout life.

### Implementation

#### **Curriculum and Student Learning**

- Macedon Primary School will develop an appreciation of healthy foods and healthy eating habits through awareness and classroom programs. For example, lessons relating to healthy foods and healthy eating will form part of each child's annual health & physical education curriculum studies. These reflect the Victorian Curriculum and encourage healthy eating and physical activity as a lifestyle.
- Macedon Primary School will involve itself in local strategies designed to raise awareness of healthy foods or to promote healthy foods, fruit and vegetable consumption at school. This could include growing foods in the school's vegetable garden, planting a food forest, cooking at school and articles in the school newsletter.
- The timetabling of physical activity, physical education and sport will be consistent with applicable education sector requirements and guidelines.

## Healthy School Environment

- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- 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 will be encouraged to drink water regularly during the day especially during physical activity and warmer weather. Only water is permitted for drinking in class time.
- A daily fruit and vegetable (brain food) break will be provided
- School community members will be encouraged to pack 'nude food' lunchboxes that are based around non-packaged food items consisting mostly of fruit, vegetables and grains (sandwiches).
- School community members will be encouraged not to bring foods high in fats, salt or sugar, or soft drinks, energy drinks, flavoured mineral waters, chips and fried foods to school.
- No staff will use confectionary as rewards in class.
- Play equipment that encourages physical activity, for example balls, skipping ropes and bats, will be made available to students at lunchtimes and other breaks.
- Macedon Primary School will promote walking or riding through a whole-school activity at least one day per term or as frequently as the Principal considers to be practicable. Such activities may include walk or ride-to-school days, a walking school bus or walking challenges.
- School community members will be informed of the Healthy Eating and Physical Activity policy and will be provided with information to assist them to meet policy requirements.

## Birthday or Special Occasion Celebrations

Macedon Primary School recognises that birthdays are a special time and that families often want to share the celebration with classmates. However, the safety of students within the school environment is paramount. As part of the risk minimisation strategy detailed in the *Macedon Primary School Anaphylaxis policy*, students, parents and carers may not bring any food to school for the purposes of sharing with classmates. This includes birthday cakes, candy canes and chocolates (whether or not they contain nuts).

## Food and drink provided at school activities

Food and drinks are often provided or sold at whole-school events, such as the Fete, Show Day and PFA activities, as well as at other small-scale activities such as working bees and camps.

The Healthy Canteen Kit divides foods into categories (see **Appendix A**). These include Everyday (Green) foods, Select Carefully (Amber) foods and Occasional (Red) foods.

When the School provides food at school events it will take these categories into consideration during planning. Where practicable, food will be provided from the different categories ensuring students have a choice about what they eat.

Foods from the red food group will be limited at school events and confectionery will not be supplied to students by the school (in line with DET policy). From time to time, confectionery may form part of a specific fundraising activity approved by the Principal or the School Council (such as the Easter Raffle), but the school will make every effort to ensure that such confectionery is not supplied directly to students without parental involvement or oversight.

Parents continue to have the discretion to provide their own child with balanced foods of their choice for school recess and lunchtime.

### Evaluation

This policy will be reviewed annually\_or more often if necessary due to changes in legislation, DET policy or local circumstances.

**This policy was last approved\_by School Council on June 2018.**

### Resources

- 'Healthy Canteen' kit.
- <https://www.betterhealth.vic.gov.au/healthyliving/>
- <http://heas.health.vic.gov.au/schools>

## Appendix A

### Food Categories extracted from DET “Healthy Canteen Kit”

#### **Everyday category (green foods)**

Foods and drinks in the Everyday category are consistent with the Dietary Guidelines for Children and Adolescents in Australia and are most suitable for school food services.

Foods and drinks in the Everyday category are based on the basic food groups and include:

- 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.

\*As nuts are a high risk allergen we request that parents avoid sending nuts or products containing nuts to school.

Schools should:

- encourage and promote these foods
- provide a wide range of these foods every day
- take every opportunity to include foods in this group as the main choices on the canteen menu
- promote these foods as tasty, fresh and good value choices
- present these foods in attractive and interesting ways
- include as the main choices at school events and activities involving foods.

#### **Select Carefully category (amber foods)**

Foods and drinks in the Select Carefully category contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added. Schools are encouraged to limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the Everyday category.

Foods and drinks in the Select Carefully category include:

- 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.

#### **Occasionally category (red foods)**

Foods and drinks in the Occasionally category are not consistent with the Dietary Guidelines for Children and Adolescents in Australia and are not recommended for school food services. Schools should limit the availability of these foods and drinks to no more than two occasions per term.

Foods and drinks in this category are defined in the Australian Guide to Healthy Eating as ‘extra foods’ and include:

- sugar-sweetened drinks – sports drinks, cordial, fruit-flavoured drinks
- deep-fried foods

- 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.

From 2007, high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content.

Confectionery is of minimal nutritional value. For this reason the sale of confectionery through school food services will be phased out from 2007–09. From 2009, no confectionery should be supplied through school food services.

## REVIEW PERIOD

This policy was last updated on June 2018 and is scheduled for review on June 2021.