



Healthy Eating and Oral Health

POLICY

Mount Pleasant Road Primary School

A. **Rationale:**

A.1. Healthy nutritional habits are essential to the growth and development of children.

B. **Aims:**

B.1. To develop within students an informed appreciation of healthy eating habits and oral health.

B.2. To ensure that foods provided by the school are consistent with a healthy eating philosophy.

C. **Implementation:**

C.1. To support positive role modelling, staff and families are encouraged to bring food and drinks which are in line with the school's healthy eating policy.

C.2. This policy will be consistent with the School Canteen and other School Food Services Policy and Australian Dietary Guidelines.

C.3. Staff, families and students will be involved in guiding the development and implementation of the whole school healthy eating and oral health policies and are seen as key partners in promoting and supporting healthy eating and oral health initiatives in the school.

C.4. The appreciation of healthy foods and the development of healthy eating habits and oral health messages will be included in the curriculum.

C.5. Important key oral health messages in 'Oral Health messages for the Australian public' will be emphasised to families.

C.6. Students will have the opportunity to engage in regular food-related activities, such as planning and shopping for meals, growing, cooking and eating foods, which are culturally appropriate and varied.

C.7. Staff will be supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating and oral health across the curriculum.

C.8. The canteen coordinator will ensure that foods served at the canteen include a good selection of healthy, nutritious, tasty and attractive foods consistent with the latest government guidelines.

C.9. Food, drinks and sweets will not be used as an incentive or reward.

C.10. Students will be given adequate time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.

C.11. Fresh fruit will be provided by the school for students.

C.12. Students will be encouraged to bring water bottles to school to use in the classroom and will have access to fresh drinking water in the school yard.

C.13. Fundraising activities will focus on the promotion of healthy foods that complement our healthy foods philosophy.

C.14. Families and staff will be provided with information, ideas and practical strategies on a regular basis, to promote and support healthy eating and oral health at school and at home.

C.15. Families will be encouraged to be involved in healthy eating and oral health initiatives at school.

C.16. The school will engage with families and students from culturally diverse backgrounds to ensure cultural values and expectations about food, eating and oral health are respected.

C.17. The school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote healthy eating.

D. Evaluation:

D.1. This policy will be reviewed as part of the school's three-year review cycle.