

Healthy Eating Policy

Rationale:

At Chancellor we see the promotion of healthy and pleasurable eating as an integral part of learning about, and developing lifelong healthy habits. We see healthy eating as part of a person's social, emotional, physical, cultural and spiritual wellbeing. This policy reflects current research which suggests optimal nutrition will positively impact on cognition, concentration, activity levels, interaction with peers and self esteem.¹ The health promoting schools framework² underpins this policy.

School Organisation, Ethos and Environment

We will:

- Ensure all school functions reflect our policy of pleasurable and healthy eating.
- Support the implementation of Smart Choices by 2007.
- Support creative initiatives and programs which promote healthy eating. Eg. Kids in the kitchen.
- Encourage and promote voluntary support and involvement from parents and members of the school community. Examples include:
 - Kids in the kitchen
 - School garden
 - Tuckshop / Cafeteria
 - Other school events
- Actively seek to promote cross cultural experiences with food.
- Ensure that opportunities exist for parents and the community to be aware of current nutritional information. This will occur by way of:
 - Nutrition and healthy eating policy/ lunch ideas booklet provided at enrolment
 - Newsletters
 - Information evenings
- Encourage teachers to role model healthy eating practices.
- Instigate initiatives that promote positive social interactions and experiences surrounding healthy eating.
- Encourage only fruit and vegetables if snack breaks are offered.
- Encourage the drinking of water throughout the day.

Curriculum, Teaching and Learning

We will:

- Ensure that nutrition messages are consistent and reinforced and line with the Australian Dietary Guidelines for Children and Adolescents and safe food handling practices.
- Map the curriculum across the whole P-12 College to ensure that the teaching and learning is sequential.
- Ensure that nutritional messages account for the acceptance and tolerance of individual body shape and size.
- Provide teachers and ancillary staff with relevant staff development.
- Ensure that adequate and current resources to support curriculum.
- Provide opportunities for students to participate in the growing of fruits and vegetables that can either be used through the tuckshop or for food preparation.

Partnerships and Services

We will:

- Form and utilise links with other stakeholders such as:
 - University of Sunshine Coast
 - Local fruit and vegetable suppliers
 - Interested school and community members
 - Community Nutritionist
 - Permaculture growing groups
- Utilise opportunities to apply for funding to support projects and resources.

Policy Implementation

- Members of staff will be given a copy of the policy.
- The school community will be made aware of the policy via the School Website and newsletter.
- Students will be made aware of the policy through its inclusion in the school diary.

Monitoring and Review

- The policy will be monitored annually by the Principal, Parents, Community members and the Healthy Eating Reference Group.
- It will be reviewed, and if necessary revised, every two years by Curriculum Council, Activation Focus Group and Healthy Eating Reference Group.

References:

¹ Sorhaindo, A. and Feinstein, L (2006) What is the Relationship between Child Nutrition and School Outcomes? Department for Education and Skills, Nottingham.

² Brisbane North Public Health Unit, (2001) A Toolbox for Creating Healthy Places to Learn, Work Play. Qld Health. Brisbane