



# St Kilda Primary School Nutrition Guidelines

## **PURPOSE**

A healthy lifestyle incorporates a balanced diet coupled with regular physical activity.

## **SCOPE**

- The school plays a role in educating children about healthy eating behaviors.
- The school will support parents/carers in their role of providing children with healthy food for Snack and Lunch.
- The school will ensure that the food provided through the lunch order process is consistent with a healthy eating philosophy.
- The school is mindful of cultural and socio-economic factors in family food choices

## **GUIDELINES**

- Classroom programs will incorporate educational activities related to food and nutrition.
- The school will provide information regarding healthy eating and basic nutrition through the Parent Information Booklet and the school website.
- Students are supervised for a set time to eat their snack and lunch.
- Students in the Junior School (Prep - Yr 2) are encouraged to have a small serve of fruit/vegetables and water, otherwise known as Brain Food, mid-way through the morning literacy block. This may also occur in the Senior School (Yr 3-6) at teacher discretion.
- Class rewards will focus on a healthy lifestyle and encouraging intrinsic motivation.
- If parents would like to celebrate their child's birthday with the class they are able to bring enough small cup cakes to share with the children in their class. We ask that parents do not send in any chocolates, lollies, lolly bags, etc.
- Staff will inform the Principal of students who consistently appear to have inadequate lunches and the Principal will liaise with the Welfare Team.

### ***Food Provider***

- The School Lunch Order menu will include fresh, healthy food at competitive prices.
- Food providers are selected according to their ability to offer menu choices that meet the requirements of the nutrition policy.
- The number of food providers will vary from time to time, according to the needs of the school and at the discretion of the School Council.
- The school will review requests from vendors to sell food on school grounds (outside school hours) on a case by case basis but all approvals should be mindful of the nutrition policy guidelines.

### **Review**

- The food provider list and menus will be reviewed by the Principal or delegate on an annual basis.
- These guidelines will be reviewed in April 2022.