

HEALTHY EATING POLICY

Rationale:

Mount View Primary School is committed to a whole school approach to healthy eating. This is in line with the nutrition policies and guidelines for schools developed by the Department of Education and Training (DET) – “*School Canteens and Other School Food Services*” policy. Healthy eating covers all situations where food and drink is supplied in the school environment including: Mount View PS canteen, school excursions, school camps, fundraising events, classroom rewards, school activities such as celebrations and sports days, and food used in curriculum activities.

Aim:

As an International Baccalaureate World School, Mount View believes that childhood and adolescence are important times for establishing balanced, life-long, healthy eating habits which can benefit students in three ways:

1. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
2. Short term: maximises growth, development, activity levels and good health.
3. Long term: minimises the risk of diet-related diseases later in life.

Guidelines:

Curriculum teaching and learning

To integrate healthy eating/nutrition education into all year levels through the provision of learning opportunities as outlined in the Victorian Curriculum:

- Support healthy food choices.
- Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- Availability of fresh, clean tap water to students at all times and the encouragement of them to drink water regularly throughout the day, inclusive of the promotion of water bottles in classrooms.
- Encouragement of students to eat a healthy breakfast and eat a healthy snack at regular intervals in order to promote active learning.
- Encouragement of students to eat in a supervised and appropriate social environment
- Provision of rewards/encouragements for students that are not food or drink.

- Notification to parents when learning activities offer the students the chance to try different foods.
- Liaison with families in order to arrange a suitable food supply for students who have specific dietary requirements e.g. Allergies for school events e.g. class parties, end of year celebrations, camps etc.

Classroom

To integrate healthy eating/nutrition concepts in all classrooms by:

- Lollies or confectionery should only be used in classrooms for educational purposes. E.g. Victorian Curriculum outlines lessons where Smarties and Tiny Teddies are used as a part of the lesson format, but these should be used sparingly.
- Lollies and confectionery should not be given to students as a reward for good work efforts or behaviour as this counteracts the policy outlined by the Department of Education and Training.
- Sharing food from lunchboxes is a practice that should be discouraged in classrooms or in the playground due to the heightened risk of allergic reactions to foods or anaphylaxis issues.

Special Occasions

To discourage the association of unhealthy/junk foods with celebratory or special occasions by:

- Encouraging all teachers to use healthy food choices or non- food items as rewards
- Encouraging parents to send healthy choices to school for children's birthdays
- Asking parents to give 24 hours notice to the class teacher if they are going to bring a food item in for their child to share with the class.
- Providing an option for parents at the beginning of the school year to advise the class teacher as to whether their child will participate in any celebratory food that is offered, or alternatively provide information on what they can and cannot participate in. If parents do not wish their child to participate they might like to send along "something special" from home to ensure that their child is included.
- Not allowing lolly bags or pre-packaged confectionery bars to be sent to school for student consumption.

Lunch Orders/Canteen

The canteen is operated by the school for the provision of food and refreshments as a convenience to students, parents and members of staff. The canteen services are provided within the guidelines to hygienic food handling policies relating to student health, minimum disruption to student learning time and sound financial management.

The canteen aims:

- To provide a range of nutritious lunch and refreshment options every school day.
- To provide options where students can develop self-responsibility for their own nutrition.
- To meet all requirements of hygienic food storage and handling.
- To provide a diverse, nutritious menu through a healthy food service.
- To provide an online service for parents to choose and pay for lunches
- To provide consistency of food quality and food quantity.

- To provide an emergency sandwich for students who forget or drop their lunch or whose parents miss the online order deadline

After School Care

- The current after school care provider is required to comply with the school's policy on food and nutrition

Families and Community

Mount View Primary School participates in a range of special events and community events throughout the year and has a role to educate families about food and nutrition to encourage healthier eating habits at home and school by:

- Recommending that the organisers of these special events and community events include healthy alternatives from which parents and students can choose.
- Providing a range of alternatives so that people have choice in relation to the foods that are made available
- Encouraging healthy lunch box choices
- Offering school camp/excursion menus according to healthy food guidelines
- Not allowing any fast food or "take away" lunches to be provided to students by parents at lunchtime e.g. McDonalds, KFC.

Nude Food

Mount View Primary School promotes the concept of Nude Food and encourages all students to bring a healthy lunchbox free of packaging to school for lunch and snacks. Nude Food is environmentally sound in that it reduces the amount of packaged foods that students might bring to school and eat

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle.
- Justine Mackey, October 2025