CSPS NUTRITION POLICY

Rationale:
Healthy nutritional habits are essential to the growth and development of children. The development of a nutrition policy will assist us in influencing the long term nutritional choices of our school community, thereby helping to improve the general health of our students.

Aims:
- To integrate nutrition education into the school curriculum at all levels.
- To develop within students an informed appreciation of healthy eating habits.
- To increase awareness of the benefits and importance of offering, learning about and eating a balanced, varied and healthy diet.
- To support and encourage our school community to develop the skills, knowledge and attitudes needed to make healthy food choices.
- To provide opportunities for the school community to make healthy food choices that are easy, fun and enjoyable.
- To encourage individual responsibility for good health by developing an understanding of how good eating habits improve general health.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.
- To encourage families to provide students with healthy lunches and snacks.

Implementation:
- All grades to complete a health unit each year which will include lessons relating to healthy foods and healthy eating.
- The supplier of lunch orders will provide a good selection of nutritious, tasty and attractive foods and the school community will be encouraged to make healthy lunches for children at home or order through the school.
- All teachers will provide a “Snack Attack” time which will allow students to eat fresh fruits and vegetables during class time. Free fruit will be supplied to all students weekly.
- Students will have access to their own water bottles during class lessons.
- Teachers will not give unhealthy foods to students as rewards.
- Students who appear to be provided with inadequate lunches will be monitored and followed up by the Principal/Assistant Principal.
- The school will continue to involve all students in the Vegetable Garden and Orchard
- The Breakfast Program will be continued and promoted to all students.
- Liaise with Community Health Services to promote benefits of healthy foods throughout the school community by providing nutrition and education advice for parents
- Food and drink will be consumed in designated undercover areas.
- Chips and similar foods, fizzy drinks, chewing gum and lollies are not to be brought to school, excluding birthdays. Birthday treats must be consumed in classrooms.

Evaluation:
- The lunch order list from the supplier needs to be reviewed each year.