



POL12 HEALTHY EATING

RATIONALE	<p>The College is committed to supporting healthy eating for all students to enhance their general wellbeing. Nutrition education, diet and active, healthy lifestyles is an important component of the health curriculum and this policy supports the health curriculum. Good nutrition is critical for every child’s short and long term health. Healthy eating habits learnt during childhood usually continue throughout life and can help to reduce the risk of disease and long term health issues. The College is a signatory to the Healthy Together Mildura program and as such this presents certain obligations with regards to promoting policies and activities that support this program.</p>
SCOPE	<p>This policy applies to all College staff and students, College operations and College activities both on and off site.</p>
RESPONSIBILITY	<p>The Principal has overall responsibility for this policy. The operational responsibility has been delegated to the student wellbeing coordinator.</p>
POLICY	<p>Trinity Lutheran College is committed to healthy eating and will provide an environment for this to occur. The platform for healthy eating requires the College to:</p> <ol style="list-style-type: none"> a) Promote the selection of healthy foods and the development of healthy eating and drinking habits, consistent with the Australian Dietary Guidelines for children and adolescents. b) Provide nutrition and healthy eating education through the health curriculum at all year levels using teaching and learning strategies appropriate to that year level. c) Provide a supportive environment for healthy eating and link healthy eating to food provided at school through the canteen. d) Provide consistent messages about nutrition and ensure that foods of minimal nutritional value are not advertised in the college grounds. e) Ensure that foods high in sugar, saturated fat and chemical additives have limited availability to children because of their contribution to increased health and dental risks. f) Develop partnerships with parents, health services and other agencies to promote healthy eating choices. g) Ensure that the canteen provides a food service where healthy food choices are encouraged and provided and that a varied selection of food and drinks that are healthy, attractively presented and represent value for money are available. h) Consider healthy eating messages when planning fundraising activities and college events with alternatives used where feasible. These include: class parties, camps and excursions, student activity days, parent and student special events, sports days, student organised events, PTFA organised events. i) Food and nutrition activities related to special weeks are supported and encouraged such as National Heart Week, Healthy Bones Week, Nude Food Day and similar. j) Expect teachers to use non-food or healthy food items when rewarding behaviour, achievement and performance. k) Have a communication system in place to advise staff of students who have nutrition or eating related issues, and refer on where appropriate. <p>It is recognised that there are activities and functions where a strict healthy eating policy is not feasible and that variations need to be considered. This will be in consultation with and at the discretion of the executive leadership team.</p>
PROTOCOLS	<p>1. CANTEEN</p> <p>1.1 Establish a canteen committee that is responsible for the canteen menu each</p>



term.

- 1.2 Provide a food service through the College canteen in line with 'Go For Your Life' school canteen traffic light system.
- 1.3 The canteen will work with the SRC and the executive leadership in the provision of Special Food Days and per below.
- 1.4 The canteen will work with the front office to support children who forget or who are not supplied with lunch to access emergency supplies.

2. SPECIAL FOOD DAYS

- 2.1 Special food days are to be held no more than twice a term. These will be negotiated with the Canteen Manager and approved through the Deputy Principal.
- 2.2 Casual for a Cause Days are organised by the SRC once a term and the canteen will support this program through a special menu.
- 2.3 Term 1 will generally be held in connection with Grandparents and Special Friends day.
- 2.4 Term 2 may be held after Deutschfest in order to sell leftover items such as hot dog rolls.
- 2.5 Term 3 will generally be held in connection with Book Week.
- 2.6 Term 4 will generally be held in connection with final day/week activities.

3. CURRICULUM

- 3.1 Encourage involvement by community members, volunteers and parents in school activities related to nutrition such as college vegetable garden, cooking demonstrations.
- 3.2 Secondary food technology and hospitality classes will engage with healthy eating principles and practices where feasible.
- 3.3 Healthy alternatives to traditional cooking methods and ingredients should be sought where viable.

4. CLASSROOM ACTIVITIES

- 4.1 Ensure that a formal classroom fruit and vegetable snack time is implemented in years prep to year 4; and that such items are made available for those children who are unable to access them.
- 4.2 Teachers will work with the front office to ensure that children who forget or who are not supplied with lunch can access emergency supplies.
- 4.3 Acknowledge the worth of class birthday parties and similar celebrations and manage these occasions by identifying "Treat Days" and scheduling these into the class schedule accordingly.
- 4.4 Encourage non-food or healthy food rewards eg points, stickers, certificates, text cards and similar.

5. STAFF

- 5.1 Expect staff to act as role models by eating healthy foods when with students or participating in food related activities.

6. COMMUNICATION AND INFORMATION

- 6.1 Facilitate presentations by health services personnel to complement nutrition education in the classroom eg healthy lunch box ideas.
- 6.2 Encourage parents to provide breakfast and nutritional lunches for their children.
- 6.3 Promote healthy eating habits to parents via class communications, parent information events, parent handbooks and other appropriate parent meetings.

BREACH OF

Where a staff member breaches this policy, Trinity Lutheran College may take



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POLICY	disciplinary action.
RELATED DOCUMENTS	

RECORD OF IMPLEMENTATION

<i>Contact officer</i>	<i>Cheryl Bartel (Principal)</i>
<i>Approved by</i>	<i>Executive leadership</i>
<i>Ratified by</i>	<i>Trinity Lutheran College Council</i>
<i>Authorization</i>	<i>Trinity Lutheran College Council authorizes this policy for publication and implementation having considered relevant legislation and/or operational requirement of users.</i>
<i>Tracking</i>	<i>Ratified March 2016. Reviewed and revised May 2018.</i>
<i>Review Date (3 year cycle or as required by legislation)</i>	<i>2020</i>