



# Keilor Views Primary School Healthy Foods Policy

September 2014

## Rationale

Keilor Views Primary School is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The School and staff will promote a culture of healthy eating and are committed to providing relevant information, skills and resources to the school community.

## Guidelines

Keilor Views Primary School promotes healthy eating in the following ways:

- Staff members will incorporate health-promoting activities into already existing themes where applicable.
- The school will provide information and resources (eg pamphlets, flyers) of a general nature to parents / caregivers.
- Where special activities occur within the school or classroom and snacks are provided, healthy food choices are always recommended.
- If parents are providing birthday treats for the children in a class, the school recommends healthy options. Parents must check with the classroom teacher the day before regarding allergies to particular foods. Birthday treats are distributed to children at either recess, lunch break or at the end of the day.
- Parents are encouraged to provide a variety of healthy lunches, snacks and drinks as recommended in flyers/pamphlets provided.
- Students are encouraged to eat fresh fruit and drink plenty of water through the day especially during summer.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Staff will inform the Student Engagement Coordinator of students who appear to be provided with inadequate lunches.
- The classroom teacher will contact the parents / caregivers, who will bring the snacks / lunch to the school (if possible) or a snack / lunch will be organised for the student through the canteen at the parent's cost.  
**Any welfare concerns will immediately be referred to the Student Engagement Coordinator**
- The canteen menu is established in accordance to Dietary Guidelines for *Children and Adolescents in Australia*, and uses the healthy eating traffic light system - **Everyday category (green foods)**, **Select Carefully category (amber foods)** **Occasionally category (red foods)**

## Evaluation of Policy

The Student Engagement and Wellbeing Team will be responsible for evaluating this policy as part of the school's review cycle.

This policy was ratified by School Council on 22 September 2017