

## CONTEXT/BELIEF STATEMENT

### Rationale

A healthy lifestyle is vital to good health at all stages of life but especially in childhood. It is during childhood that students develop lifestyle habits that can last a lifetime. It is also at this stage that major growth and development occurs, to which nutrition and a well-balanced diet is fundamental.

In Australia, concern has mounted over the poor food choices and eating habits of students and adolescents. Research statistics widely report the growing obesity problem of the Australian population, and, in particular, young people. Prospect Primary School endeavours to provide an environment that will have a positive impact on nutritional health and promote a healthy lifestyle in our students, staff and parents.

### Objectives

Prospect Primary School is guided by the safe, healthy eating habits in line with the:

#### ***Right Bite Healthy Food and Drink Supply Strategy***

<https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>

#### ***Eat well SA Healthy Eating Guidelines***

<https://www.eatforhealth.gov.au/>

which recommend daily availability of healthy foods which are low in fat, salt and sugar, high in fibre and with limitations on the quantity and frequency of less healthy options.

These foods have been classified into 3 categories:

**GREEN- Choose plenty**

**AMBER- Select carefully**

**RED- Occasionally**

Childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

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



### **Therefore:**

#### **Curriculum**

Our school's food and nutrition curriculum is taught in line with:

- *ACARA curriculum*  
*Healthy Eating Curriculum for South Australian primary schools*  
<https://www.decd.sa.gov.au/teaching/projects-and-programs/eat-well-sa/healthy-eating-curriculum-south-australian-primary>
- includes 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

#### **The Learning environment**

All students at our school will be encouraged to:

- drink water regularly through the day (water bottles accessible in classrooms). Bringing drinks other than water to school is discouraged.
- eat routinely at scheduled break times
- bring only fresh fruit or vegetables for their morning snack
- bring healthy food choices for recess and lunch in line with the *Australian Dietary Guidelines*
- bring 'Nude food' (food without packaging) to school
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- **Parents are asked not to send in foods containing nuts.**

Our school:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast for students
- is a breastfeeding friendly site.

#### **Food Supply**

Our school:

- ensures any food supplied for school activities and events is in line with the *Right Bite Strategy*
- ensures healthy food choices are culturally sensitive and inclusive
- has established a school lunch order menu which sells and promotes healthy food choices in line with the *Right Bite Strategy* food and drink spectrum
- ensures proper food safety/handling procedures are used for any food supplied

#### **Class celebrations**

Our school:

- promotes healthy eating habits and lifestyles and encourages the holding of a variety of class celebrations that follow the Department for Education, Healthy Eating Guidelines. Food at a class party should reflect a balance of **CHOOSE PLENTY** and **SELECT CAREFULLY**.
- **ensures that when class celebrations do involve food, they comply with the *Rite Bite strategy***
- provides water for classroom celebrations. The provision of other drinks (e.g. soft drinks, juice, flavoured milk, cordial) is **not** supported



### **Birthday celebrations**

Our school:

- acknowledges that birthdays are special and that children often like to celebrate them with their friends at school
- supports teachers to develop their own classroom traditions around celebrating birthdays
- supports parents' rights and having a say in what foods their child consumes by sharing birthday food at the end of the day
- encourages birthdays to be celebrated in many ways and not only through food
- encourages birthday food supplied by families to follow the Healthy Eating Policy and utilise healthy food options

### **Parent responsibilities around Birthdays**

Parents will

- Respect the traditions being promoted in their child's class
- Notify their child's class teacher (in writing) if they do NOT want their child to have any food/ party bags etc. provided by families when birthdays are being celebrated.

### **Working with the school community**

Our school:

- invites parents to be involved in the Healthy Eating Group and ongoing review of the school's Healthy Eating Policy
- provides healthy eating information to families in a variety of ways including, newsletters, pamphlets/poster displays and information on enrolment
- promotes the alignment of fundraising with the *Right Bite* strategy.

Resources

<https://www.eatforhealth.gov.au/>

