This policy applies to all students in all grades

RATIONALE
Healthy nutritional habits are essential to the growth and development of children.

AIMS
• To develop within students an informed appreciation of healthy eating habits.
• To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

PROCEDURES
• The development of an appreciation of healthy foods and healthy eating habits forms part of our Health Curriculum. Explicit teaching about healthy eating and the benefits of physical activity
• Lessons relating to healthy foods and healthy eating will form part of each child’s annual Health and Physical Education curriculum studies.
• At least once a year the whole school will focus on a healthy foods and healthy eating theme.
• All students will have access to active play equipment during recess and lunch breaks.
• The school will promote active after school programs in the weekly newsletter.
• All students and staff will break for ‘fruit and water’ for 10 minutes during the day.
• Students will be encouraged to participate in lunchtime sport activities run by the Student Representative Council (SRC).
• The school will involve itself in local strategies designed to raise awareness of, and to promote healthy foods and healthy eating e.g. the engagement of a health professional to speak with children on such matters or promotions such as dairy industry promotions.
• The school canteen will promote healthy eating through working with the Tasmanian School Canteen Association.
• Healthy food and drinks will be available at all school activities such as camps.
• The Principal will ensure that a supply of drinkable water is available at the school at all times.
• Staff members are encouraged to model healthy eating habits whilst at school or at school functions.
• Catered school functions will be required to offer at least three healthy options and restrict the amount of ‘occasional foods’.
• Students are encouraged to have their own water bottles with them at all times during the day and to fill them with water as required.
• Students are not permitted to have sweet drinks during class time. Only water is permitted for drinking during class time.
• Staff members are to inform the Principal of students who appear to be provided with inadequate lunches.
• Occasional foods are limited in the wider school environment. This includes fundraising, BBQ’s, sporting events, excursions and other special events.
• Staff members, support staff (such as social workers, speech pathologists etc) and visiting performers or guest speakers are not permitted to provide students with sweets or other related occasional foods.
• All students at all year levels will receive at least two hours of timetabled physical activity per week.
• The school will promote walking or riding through a whole school activity at least one day per term.
• Families of the school will be informed of the school’s healthy eating and physical activity policies and initiatives, and provided with information to assist them support the initiatives.

This policy and associated practices will be reviewed as part of the St Joseph’s Catholic School policy review cycle.

Implemented February 2006; Modified December 2010