



Healthy Eating and Oral Health Policy

Purpose:

- Healthy nutritional habits are essential to the growth and development of students.
- School communities can help students develop healthy habits to live, learn, grow and play.
- Our School promotes the importance of oral health behaviours, which contribute to good health and overall wellbeing.

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To create an environment that support good oral health and general health
- To work towards ensuring any foods provided at the school are consistent with a healthy eating philosophy.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting Schools Philosophy. Our school garden will be a focus of this goal.
- Teachers and students are encouraged to bring fresh fruits and vegetables in their lunch boxes each day.
- The school will involve itself in local strategies designed to raise awareness of, or promote healthy foods. Eg Growing Abundance from Community House.
- The school encourages students to drink water throughout the day. Only water is permitted for drinking during class sessions. Students have access to their own water bottle during class time.
- All students will be instructed not to share food or water bottles.
- Dairy, fruit and vegetable breaks are allocated during class time.
- School community members, staff and families will be made aware of our policy.
- Regular newsletter articles will be used to assist families to meet the policy requirements with a range of healthy eating and recipe ideas.
- Fundraising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy.
- Staff are discouraged from using confectionary as class rewards or when on camps and excursions.
- Parents are discouraged from providing high sugar treats for birthdays and other celebrations at school. They must discuss dietary requirements of the class prior to such events.
- The schools special lunches will promote a good selection of nutritious, tasty and attractive foods consistent with the Victorian Health Promoting Guidelines.
- Non healthy school lunch options will be limited to once per term.
- The school will discourage packaged foods actively promoting the concept of nude foods on special days. Items containing disposable straws are not permitted at our school.
- The school will discourage the consumption of high sugar muesli bars and other highly processed foods.

- Parents will be encouraged to limit low nutritional additions to lunch boxes.
- Some items are to be excluded from school lunches. These will be removed by the teacher in charge of recess or lunch supervision. Fruit and vegetable alternatives will be provided by the school. Items will be returned to the child at the end of the day.

These items include:

-Chips, cheesals and similar fried, salty packaged snacks

-Chocolate

-Lollies

-Fizzy, caffeinated or high energy drinks and flavoured milk

-All drinks that have a disposable straw attached/ or removed from the packaging

- Students are encouraged to undertake oral hygiene practices where appropriate.
- Students are encouraged to undertake safety practices to prevent against dental injuries while participating in sport.
- The school will provide information to staff and in first aid/sick bay areas on what to do in the event of a dental injury (i.e. when a tooth is knocked out).
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote oral health across the curriculum.
- Teachers will discuss tooth brushing practices and why they are important with students.
- Families are encouraged to be involved in oral health initiatives at school.
- The school seeks to work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote oral health.

Evaluation: This policy will be reviewed as part of the school's 3 year cycle review. This policy was ratified by school council on 4/5/2017