



H009	Healthy Eating Policy
<b>Purpose</b>	To provide direction in relation to the promotion of healthy eating by students.
<b>Authority</b>	School Education Act 1999 S160 Section 3 Standards of Education – Guide to the Registration Standards and other Requirements for Non-Government Schools
<b>National Principles for Child Safe Organisations</b>	Principles: <ul style="list-style-type: none"> <li>3. Families and communities are informed and involved in promoting child safety and wellbeing.</li> <li>8. Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.</li> </ul>
<b>Policy</b>	JCSA will encourage and promote students’ healthy eating and drinking habits.
<b>Delegation</b>	The Principal
<b>Related Policies</b>	Health Records Management (H004) Chronic Illness and Allergy (H001)
<b>Date approved</b>	Apr 2009, Apr 2013, Nov 2018, Apr 2023
<b>Next Review Due</b>	April 2026
<b>Review Authority</b>	Management
<b>Keywords</b>	Junk food; healthy; eating; meals; snacks; drinks; allergies
<b>Authorised by:</b>  <b>Chairman</b>	
<b>Date</b>	
<b>Reviewer</b>	C Brearley – April 2023



**VERSION MANAGEMENT**

<b>Version</b>	<b>Date Published</b>	<b>Changes Made</b>	<b>Author of Changes</b>
4	Apr 2023	Add version management table, add NPCSO, hyperlinks updated, update registration standard authority	C Brearley



## H009

## Healthy Eating Procedure

### Background

1. Our bodies are temples of the Holy Spirit; we need to use them to function in the LORD's service. Eating unhealthy food and engaging in excesses are practices that are not honouring God's gift to us in our bodies and undermine our ability to use them positively in His service. As such we have a responsibility to avoid intake that has a negative impact on our health, avoid excesses, eat healthy foods, and maintain activity and exercise so that the body functions well.
2. Schools have no control over what the students bring from home to eat during school time. That is a parental responsibility and the school needs to respect that. At best the school (not a teacher individually) might address parents when it is clear that the child's lifestyle in relation to eating, seriously affects the child's health and / or performance at school.

Teachers of Kindy and Pre-Primary students actively discourage the eating of junk food at school in an attempt to establish healthy eating habits.

3. Our society is currently struggling with issues surrounding obesity and low levels of physical fitness on the one hand; on the other hand, it is also struggling with matters surrounding eating disorders. These matters affect us and our schools need to drive an agenda that reflects good balance.
4. At times schools may use data that relates to height and weight ratios, even though this data doesn't take into account individual build and genetic makeup. Students that are sensitive on this point tend not to have the discernment to moderate where appropriate, or to take what is applicable and to leave what is not applicable.
5. Most students are quite sensitive about activities involving weighing themselves, whether that is as a simple mathematical activity or related to eating and exercise activity.
6. Teachers may themselves have the need to engage in strict diet and exercise. They need to be mindful of personal / professional boundaries. Matters surrounding their and other adult food and drink intake should be kept personal and not shared with students. Such comments could focus on how that teacher now looks; it may be very damaging in that the emphasis is misplaced and is then wrongly applied by a student in relation to themselves and / or others.
7. Healthy meals, drinks & snacks assist healthy growth and development as well as optimal concentration and learning at school.

### The school will:

- Urge parents, via newsletters, to support the school in promoting healthy eating and drinking habits for students
- Provide age-appropriate education on food and nutrition through the Health curriculum and Design Technologies curriculum.
- Promote the consumption of healthy foods and drinks at student functions, camps and excursions
- Permit students to bring water bottles into class on hot days
- Urge students to take all uneaten food back home, so future adjustments can be made to the type and quantity of lunches and snacks



**Warnings:**

- To help prevent meningococcal disease, water bottles must not be shared between students.
- To help prevent allergic reactions, students may not bring nuts or nut products to school if it is known that one or more students have severe allergies.

**More information on food including lunches is available from:**

Meerilinga Lunch Box World website [meerilinga.org.au](http://meerilinga.org.au)

Nutrition Australia website [nutritionaustralia.org](http://nutritionaustralia.org) or phone 03 8341 5800,

Heart Foundation website [Home | The Heart Foundation](http://Home | The Heart Foundation)

Policy and standards for healthy food and drinks in public schools, [Healthy living - Department of Education](#)