



Healthy Eating and Oral Health POLICY



Rationale:

- Healthy nutritional habits are essential to the growth and development of children and school communities can help students develop healthy habits to live, learn, grow and play.
- Guidelines from the National Health and Medical Research Council (NHMRC) promote healthy eating plans, increased physical activity and behavioural modification as the first approach to managing obesity for individuals, bringing about a range of health benefits for later life.
- Oral health is essential for the overall health and wellbeing of children and young people. Oral diseases can negatively affect individuals through pain, discomfort, and impacts on general health and quality of life. The main oral health condition experienced by children is tooth decay with one in four Victorian children aged 5-12 years having filled teeth. Tooth decay is Australia's most prevalent health problem despite being almost entirely preventable.

Purposes:

- To develop within students an informed appreciation of healthy eating habits (which includes drinking water, eating healthy food and maintaining oral health), and the ability to make healthy choices.
- To work towards ensuring any foods provided at the school are consistent with a healthy eating and oral health philosophy.
- To create a foundation for students, whereby they understand the link from healthy eating now to a healthier future.
- As a health promoting school, we will promote healthy eating and oral health to students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Guidelines:

- Our whole school curriculum should have an approach that reflects AusVELS and encourages healthy eating and good oral health habits during and after school hours.
- The development of an appreciation of healthy foods, healthy eating and oral health habits should form part of our Health Achievement Program.
- Staff and students should be encouraged to bring fresh fruit and vegetables in their lunch boxes every day.
- The school should have a strategy in place to encourage all students to drink water throughout the school day, especially during physical activity.
- All students should understand the importance of not sharing food or water bottles, and of not eating others food.
- Staff members are encouraged to model healthy eating habits whilst at school.
- Lunch orders (Wednesday and Friday) should reflect this Healthy Eating and Oral Health Policy.

- Families should be supported through the promotion of healthy food and drink choices and oral health practices (e.g. display, newsletter inserts, workshops, healthy events and the Winters Flat Primary School website).
- Food brought by students to school should be grouped according to:
 - * Everyday/Green Food – food that is encouraged.
 - * Select Carefully/Orange – food that is allowed.
- Students are encouraged to bring food to school in purpose made containers/lunchboxes or unwrapped (Nude Food).
- "ALL containers / lunch boxes / water drink bottles need to be clearly named with the students name on every container'.

Implementation:

- Lessons relating to healthy foods, healthy eating and oral health, which reflect AusVELS, will form part of each child's annual Health & Physical Education curriculum studies.
- Food groupings will be communicated to parents and caregivers as follows:

"Everyday" Green Foods	"Select Carefully" Orange Foods	"Occasional" – Red Foods (Not at school)
Fruit Vegetables Sandwiches with healthy fillings Reduced Fat Yoghurt (be careful of sugar content) Reduced Fat Cheese and wholegrain dry biscuits Home-cooked - savoury	Healthy 'nude' food e.g. Savoury muffins Fruit Juice Meat Products – e.g. ham	Soft drinks Chips Chocolate or lollies Packaged food/snack bars high in salt, sugar or fat Other drinks like fruit drinks

- At least twice yearly, the school will have an event which focuses on a variety of healthy foods e.g. 'Community Brekky'.
- The school will involve itself in local strategies designed to raise awareness of, or to promote healthy foods e.g. local fruit growing, Market Fresh, local dietitian and oral health specialist.
- Children will have access to their own water bottle at any time during class time (no sweet drinks are permitted).
- Water fountains will be accessible to all children, at all grade levels, during playtimes.
- Daily fruit and vegetable breaks (Healthy Snack) are allocated at all levels in which students are allowed to eat fruit and vegetables only.
- Students will have the opportunity to engage in regular food-related activities in the classroom and in SAKGP. Activities such as planning and shopping for meals, growing, cooking and eating foods, which are culturally appropriate and varied, will form the basis of the SAKGP.
- Students from specific grades will participate in the SAKGP each week for the school year.
- Teachers will discuss tooth brushing practices and why they are important with students.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating and oral health across the curriculum.
- Students are encouraged to undertake safety practices to prevent against dental injuries, such as using mouth guards while participating in sport.
- The school will provide information to staff and in first aid/sickbay areas on what to do in the event of a dental injury (i.e. when a tooth is knocked out).

- Staff and families are encouraged to foster a healthy body image and enjoyment of eating.
- The school respects and celebrates the cultural diversity of its community through recognising and valuing cultural and traditional beliefs about food and oral health.
- Families and students from culturally diverse backgrounds are engaged to ensure cultural values and expectations about food, eating and oral health are respected.
- Important key oral health messages in 'Oral Health messages for the Australian public' should be emphasised to families.
- Students are consulted about healthy eating and oral health initiatives via Junior School Council, student action teams or other representative structure.
- Chips, fried foods, confectionery and high sugar drinks such as soft drinks, energy drinks and flavoured mineral waters, should not be brought to school by children for eating at play/lunch time.
- A list of suggestions for snacks and lunches will be compiled and available for families on the website and at the Office.
- School community members (staff and families), including new families to the school, will be informed of the healthy eating and oral health policy and will be provided with regular information (display, newsletter inserts, workshops) to assist them to meet these policy requirements.
- Fundraising activities will complement our healthy food philosophy. The only exception could be the Easter raffle with the donation of Easter eggs.
- Special days, such as Koorie Day will also reflect the policy.
- Staff will inform the principal of any student who appears to be consistently provided with inadequate lunches and snacks.
- Healthy Eating and Oral Health practices will include:
 - Daily 9.55am Healthy Snack/'Munch & Crunch' (fruit and vegetables only) for all classes.
 - Promoting that fresh fruit and vegetables be included in students' lunch boxes every day.
 - The school cultivating, harvesting and cooking school produce.
 - The exclusion of lollies/confectionery as class rewards.
 - SAKG Program.
 - Provision of fruit from Foodbank when available.
 - A copy of this policy along with the Brochure "Healthy Eating for Children" will be included in the school information packs for prospective parents.

Definitions:

Healthy Eating: Eating a wide variety of foods from the five food groups each day. Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.

Nutrition: Everyone needs food to provide the right balance of vitamins, minerals and nutrients (like protein, carbohydrates and fats) to feel energised and to help them grow and stay healthy. The meals we eat and the drinks we drink satisfy hunger and thirst throughout the day, as well as fuel the body. Preparing and sharing meals with friends, family or community, is a significant way to build relationships and is an important part of our culture.

'Occasional (Red) foods and drink: Also referred to as 'extra foods' or 'discretionary foods' (sometimes called junk food), these are food like potato chips, chocolate, lollies, soft drinks and some takeaway food like hamburgers and hotdogs. These foods are usually low in nutrients and high in salt, sugar or fat.

'Select Carefully' (Orange) foods and drink: Include foods like commercially prepared pastas, noodles and soups, meat products and fruit juice.

'Everyday' (Green) foods and drink: Include whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, reduced fat dairy products and water.
Oral Health: Defined as 'eating, speaking and socialising without pain, discomfort or embarrassment'.

S.A.K.G.P: Stephanie Alexander Kitchen Garden Program.

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

REVIEW CYCLE

This policy was last updated on July 2019 and is scheduled for review in July 2022/23.

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