

Morwell Park Primary School

Healthy Eating Policy



Help for non-English speakers

If you need help to understand this policy, please contact our administration team on 51341793.

HEALTHY EATING POLICY

Morwell Park Primary School is guided by the DET 'Eat for Health' Australian Dietary Guidelines which recommends daily availability of healthy foods which are low in fat, salt and sugar, high in fibre and with limitations of the quantity and frequency of less healthy options. These are known as 'Everyday Foods' as opposed to 'Sometimes Foods'.

Therefore:

- Students will be encouraged and given an opportunity to eat fruit and vegetables during each school day.
- Students will be encouraged to have a water bottle accessible allowing them to drink water throughout the day.
- Extrinsic food rewards should be used with discretion. Focus on non-food rewards where possible.
- Students will receive explicit teaching about healthy food and nutrition as part of the health curriculum.
- Parents will be encouraged to provide healthy food wherever possible.
- All food provided by the school for class parties will reflect a balance of everyday and sometimes foods.
- All food consumed on camps will comply with 'Eat for Health' Australian Guidelines, reflecting a balance of everyday and sometimes foods.
- Supervised lunch eating time will be provided for 10 minutes daily in a social environment.
- Staff will be asked to model positive food choices.
- The school will adhere to the Food Safety Acts.
- Children's medical needs will be supported with regards to dietary requirements.
- Regular support will be provided to families through education about healthy food choices.

Therefore, at Morwell Park Primary School:

- Soft drinks, sports drinks and energy drinks are not to be consumed by students while at school.
- Consumption of lollies by students is to be discouraged and if brought to school, students will be given a portion only (as detailed on the packaging) with the remainder of the lollies to be stored by the teacher until the end of the school day when they will be sent home with the student.
- Foods high in fat, salt and sugar are discouraged.
- Foods low in sugar, salt, fat, unprocessed and minimally processed foods are encouraged (eg. Fresh fruit and vegetables, whole grain bread, cheese, yogurt).
- Students without lunch will be provided with a sandwich and fruit.

When enrolling a child, parents will be:

- Informed of the Healthy Eating Policy via the school information booklet.
- Encouraged to send their child to school with fresh fruit and vegetables and a bottle of water each day.
- Encouraged not to send their child with chips, sweet biscuits and other 'sometimes foods' on a daily basis.

POLICY REVIEW AND APPROVAL

Policy last reviewed	8 th May 2025
Consultation	School Council 8 th May 2025
Approved by	Simone Richardson - Principal
Next scheduled review date	May 2028