



We are committed to creating a healthier environment for their students, staff and families.

Purpose

St Monica's Primary School is committed to nurturing healthy eating habits within the school. This can be facilitated through a whole school approach to healthy eating. Healthy eating has a long lasting and positive impact on a child's growth, development, health and wellbeing. It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Healthy eating will maximise a child's concentration and ability to learn. The school environment has a significant influence on children and their families. As a school and wider community we will aim to develop a positive attitude to Healthy Eating through the curriculum, food provision and links with families and the community.

Relevant Policies:

This policy document is supported by the following existing school policies and documents
Within the school:

- Student Safety and Wellbeing Policy
- Student Behaviour Policy
- Anaphylaxis Policy
- Supervision Policy
- Duty of Care Guidelines

Aims:

- To encourage an enjoyment of healthy eating and drinking habits within our school and wider community
- To reinforce healthy eating practices across the school curriculum
- To ensure that all aspects of food and nutrition in the school promote health and wellbeing of students, staff and visitors to our school
- To equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life
- To equip parents with the appropriate knowledge and skills to enable them to assist their child to adopt healthy eating practices
- To encourage the whole school community to be responsible for their own health, this in turn, promotes a positive attitude to healthy eating habits
- To improve students health and wellbeing; this should translate to improved educational outcomes for all students at St Monica's Footscray Primary School.

Implementation:

The school will incorporate the Healthy Eating benchmarks from the Victorian Prevention and Health Promotion Achievement Program for Primary Schools and will also be guided by relevant key messages.

[Health Promotion Achievement Program - Primary Schools](#)
[Department of Education and Training - Healthy Eating](#)

- All students are to only bring water to the school. Students are encouraged to have only their water bottles on their tables and are encouraged to drink water throughout the day.
- Students have access to drinking taps strategically placed throughout the school to use during the day.
- Staff members have access to filtered water to fill up their drink bottles in the staffroom.
- Students develop knowledge related to the benefits of drinking water through a variety of class and school messages
- The school promotes and encourages the drinking of water and the importance of healthy eating with articles in the newsletter
- When establishing and changing our lunch ordering menu St Monica's will have their menus assessed by the School Advisory Council
- The feedback received will be based on The Victorian Department of Education and Training Healthy Eating and School Food Services Policy
- St Monica's school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines
- Food and drink are not used as an incentive or reward at any time
- The students are provided with a positive eating environment with relaxed, social and enjoyable experiences
- Teachers provide regular instruction and encouragement on the importance of eating a variety of foods and develop an understanding of the role of a healthy food intake
- St Monica's will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: locally grown fruit and vegetables from our kitchen garden
- St Monica's has designated supervised eating times throughout the day to ensure students eat their healthy snacks and lunch. This also gives teachers the opportunity to observe food choices
- St Monica's will conduct 'Parent Nutrition' sessions and healthy eating messages via our school newsletter to help families to gain the information necessary to provide healthy lunchboxes and snacks
- Staff members will be encouraged to model healthy eating habits whilst at school
- Fundraising activities will not always focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: our annual Easter Egg raffle
- Staff are to inform the principal of students who appear to be provided with inadequate lunches
- No fast food will be allowed to be dropped in for students at lunchtime or recess
- Parents will be provided with a copy of this policy on enrolment, informed of its content and will be asked to sign a document indicating that they understand and agree to follow the school's policy
- Only one treat is encouraged at school such as one snack size chips or biscuits
- Healthy lunches need to be balanced and should include fresh fruit, crunchy vegetables (such as celery and carrots) and a combination of protein (such as hardboiled eggs), dairy (such as cheese sticks) and starchy foods (such as bread or pita bread).

The principal and school leaders in MACS schools have the responsibility for ensuring that all staff, as well as support personnel, are familiar with the Healthy Eating Policy and the implementation of relevant policies.

Evaluation

This policy will be reviewed as part of the school's Four year review cycle. Our next review will be in 2026.