## **Healthy Food and Nutrition**

## **Policy 3.5.9**

**Policy statement**

The Board of Trustees at Newtown School supports and encourages a healthy eating environment and culture in our school and recognises:

1. That healthy food and drink choices can significantly improve learners’ overall health and can enhance educational outcomes by improving their concentration, behaviour and opportunity to learn.
2. The importance of healthy food promotion and the place it has in ceremony for all cultures.
3. The caregiver’s right to decide the times and occasions at which their child will consume “occasional food”.
4. The growing concerns regarding the health of our young people particularly in the areas of dental health, obesity and diabetes.

**Aim**

To create a school environment that promotes healthy eating and well-being. To empower learners and whānau to make nutritious and enjoyable food and drink choices.

**Objectives**

1. To enrich and expand knowledge of learners, staff and parents/caregivers about healthy food, nutrition and lunchbox choices.

2. To create an environment where plain water and unflavoured milk are the only drinks available to learners while at school.

**Newtown School will:**

1. Incorporate the importance of eating healthy food in order to promote health and wellbeing into the teaching programme and as part of the delivery of the health curriculum.
2. Encourage children to be self-managing however, children will be asked to sit down and will be supervised by staff while eating for the first 10 minutes of lunch time.
3. ‘Sometimes Foods’ e.g. sausage sizzles, pizza will be on a much less frequent basis such as monthly or twice per term. Fuelled4life can be used to determine if a food is considered “everyday, sometimes or occasional.”
4. Encourage healthy food options in lunch boxes.
5. Actively encourage drinking of water throughout the school day and ensure the water fountains and water dispensers are accessible, fit for use and regularly maintained.
6. Encourage children not to share food to minimise allergic reactions and the spread of infection. Children may not share water bottles.
7. Encourage children to wash their hands before eating.
8. Ensure external suppliers of regular lunch services and any sponsorship provided by companies will align with a healthy eating environment and will be selected using the Fuelled4Life guidelines.
9. Food and drinks provided at school events (including class rewards, shared kai and staff meetings) will follow the Fuelled4Life guidelines around the use of occasional foods.1 Occasional foods (such as lollies) will not be given as rewards to students.
10. At school learners will not be allowed to share occasional foods, such as lollies or chips, with their classmates, for celebrations such as the child’s birthday.
11. Ensure fundraising is focused on healthy options where possible, (excluding for example, the selling of chocolate as a fundraisers).
12. Integrate and promote physical activity within the school community as a vital aspect to good health.
13. Integrate the growing of vegetables as part of our nutrition learning environment, and use the produce in classroom cooking lessons (Garden to Table programme).
14. Share information and resources, provided by organisations such as the Ministry of Health, 5+ a day, Project Energise, Ministry of Education on healthy eating and nutrition to help families and whānau choose healthy lunch box choices for their children and to support good nutrition in the home (E.g enrolment pack, school website, newsletters, Facebook).
15. Have systems in place to manage issues relating to food allergies including a food allergy procedure which includes a list of students who have food allergies which is kept in the office and is known to all staff through the student database.
16. Make this policy available on the school’s website and available on request.
17. Ensure this policy is part of the staff induction for each staff member (including student teachers, relief teachers and other relevant personnel).
18. Support all staff to model healthy eating and drinking, by providing professional development, resources and/or advice.
19. Ensure all nutrition messages are consistent across the entire school.

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#### **Related Documents**

Food and Nutrition Guidelines for Healthy Children and Young People (aged 2-18 years)

<http://www.health.govt.nz/system/files/documents/publications/food-nutrition-guidelines-healthy-children-young-people-background-paper-feb15-v2.pdf>

Fuelled for Life<http://www.fuelled4life.org.nz/for-schools>

<https://www.healthed.govt.nz/resource/eating-healthy-children-aged-2-12ng%C4%81-kai-t%C5%8Dtika-m%C5%8D-te-hunga-k%C5%8Dhungahunga>

1 Occasional foods are foods that do not meet the Fuelled4life everyday or sometimes nutrient criteria. They do not provide essential nutrients our bodies need, such as many biscuits, cakes, desserts, potato crisps, pastries, fried foods, pies, lollies, chocolate and full sugar drinks.