

SUNNYBRAE NORMAL SCHOOL

FOOD POLICY

Adopted by BOT 16 August 2005
Reviewed May 2009

Rationale

Healthy eating patterns are essential for students to achieve their full academic potential, for physical and mental growth and lifelong health and wellbeing.

Purposes

- To encourage and enable students to take responsibility for their own nutrition.
- To develop systems that are consistent across the entire school to support healthy nutrition.

Guidelines

1. Review any lunch order menus distributed through the school to ensure that they reflect current New Zealand Food and Nutrition Guidelines as published by the Ministry of Health.
2. Promote and implement the 5+ a Day programme every year.
3. Students are requested not to bring lollies, soft drinks, or energy drinks to school.
4. As some students have severe allergies to peanuts, parents are requested to avoid sending food containing peanuts in their child's lunch.
5. Parents are requested not to send food to school for other students to celebrate their own child's birthday.
6. Shared lunches will be held at the discretion of the teaching staff, taking into account the special dietary requirements of identified students.
7. Encourage students to have water bottles in the classroom.
8. Staff will model this policy e.g. sweets, chocolate, cakes etc. will not be used as rewards or be given out as treats.
9. Remain sensitive to family and cultural beliefs and practices.
10. Teachers will use incidental opportunities to encourage healthy food choices, in addition to teaching nutrition units as directed in the Health Curriculum statement.
11. Where possible, foods available at school camps, festivals, fundraisers, and other school events will be consistent with the New Zealand food and nutrition guidelines. We acknowledge that all foods are acceptable in moderation, on special occasions.

Conclusion

Our students' education and wellbeing will benefit from an increased awareness and commitment to healthy eating. This policy is intended to promote healthy eating habits and therefore improve all of our students' health.