

SUNNYBRAE NORMAL SCHOOL

FOOD POLICY

Adopted by BoT August 2005

Reviewed on a 4-yearly cycle – last review September 2018

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 School to support healthy nutrition.

Guidelines

1. Any lunch order menus distributed through the school will be reviewed to ensure that they reflect current New Zealand Food and Nutrition Guidelines as published by the Ministry of Health.
2. The School will promote and implement the 5+ a Day programme every year.
3. Students are requested to bring water only to school; soft drinks or energy drinks are not allowed at school.
4. Students are encouraged to have water bottles in the classroom.
5. As some students have severe allergies to peanuts, parents are requested to avoid sending food containing peanuts in their child's lunch. We will consult with parents/caregivers of students who need Epi-pens regarding any additional allergies and ways that we can minimise any risks at school.
6. Parents/caregivers are requested not to send any food to school for other students to celebrate their own child's birthday.
7. Shared lunches will be held at the discretion of the teaching staff, taking into account the special dietary requirements of identified students.
8. Students are not to bring sweets, chocolate bars or chewing gum.
9. Staff will model this policy - so sweets, chocolate, cakes etc. will not be used as rewards or be given out as treats.
10. The School will remain sensitive to family and cultural beliefs and practices.
11. Teachers will use incidental opportunities to encourage healthy food choices, in addition to teaching nutrition units as directed in the Health and Wellbeing Curriculum statement.
12. 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 increased awareness and commitment to healthy eating. This policy is intended to promote healthy eating habits and, therefore, improve all of our students' health.

BoT Chairperson: _____ Principal: _____ Date: _____