

## FOOD AND NUTRITION POLICY



**RATIONALE:** It is important that all learners possess the knowledge and skills necessary to make nutritious and enjoyable food choices for their lifetime. In addition, staff are encouraged to model healthy eating as a valuable part of daily life.

### PURPOSE:

- To educate children on the importance of nutrition and physical activity for health and education.
- To provide an environment that supports healthy eating and physical activity.
- To work with our whole school community to identify and address nutritional health priorities.
- To provide healthy foods that are value for money and are prepared in an environment that adheres to food safety guidelines.
- To actively promote and encourage families/whānau to provide health 'everyday' food for their families.
- To ensure no children go hungry at school so all students have an equal 'opportunity to learn'.
- To be aware of the range of cultures represented in the school and allow for traditional food preferences.
- To encourage staff to be active role models for healthy eating and physical activity.
- To ensure staff receive professional development in the area of food, nutrition and physical activity.

### STRATEGIES:

- Consult with the whole school community triennially to ensure they are actively involved in identifying and addressing their nutrition related health priorities.
- Staff meets once a term to discuss nutrition related health priorities which is monitored by the Board of Trustees.
- The curriculum addresses food and nutrition.
- Lunch box guidelines and this nutrition policy are provided to parents/whanau at enrolment.
- Drinking water is available for all students and staff members.
- Everyday foods and beverages are promoted regularly through the school newsletter, nutrition lessons, posters and school events.

- All school camps, festivals, sports days, fundraising events, class parties, classroom rewards and other school events support healthy eating and physical activity.
- Children who attend school without breakfast or lunch will be provided with a healthy meal provided by the school. If this happens more than three times the child's family will be contacted.
- Physical activity is recognised as a vital partner to good nutrition practices and as such, will be actively promoted within the school community.
- One or more staff members will undertake professional development in the area of nutrition and physical activity when available and present learning's back to all staff.

Date: 20th of May 2017

Review date: 20<sup>th</sup> of May 2020

Signature:

Name: Katrina Dekker

