

HEALTHY EATING POLICY

At Athelstone School we believe that maximum learning occurs if students are healthy emotionally, physically, mentally and socially.

Healthy Eating = Smart Thinking!!

Children and adolescents with appropriate nutrition have improved cognitive development, attention span, work capacity, classroom behaviour, and attendance at school and preschool. Establishing healthy eating patterns at a young age provides a critical foundation for good eating patterns in adult life with health, social and financial benefits to individuals, families and society.

In South Australia, 96% of 5 to 17 year olds attend school and 88% of young children attend preschool. These settings are therefore a critical part of the social environment that shapes eating behaviour and can play a large role in ensuring that health-enhancing eating behaviour is learned, practised and supported (DECD, 2004).

At the Athelstone School we will:

- Promote healthy eating and good nutrition through the school curriculum.
- Promote the drinking of water as the first and best choice.
- Provide information to parents through displays, newsletter items and articles.
- Model good eating habits and attitudes towards food and nutrition.
- Teach and use safe handling practices when preparing and serving food.

We recommend that children consume less of the following foods/drinks at school:

Potato chips, dry noodles, snack foods and other high fat/high salt snack foods. Lollies, chocolates, sweet biscuits, roll-ups, cordial, soft drinks/ fizzy drinks and fruit drinks or juice with added sugar, caffeine or guarana.

There are times when those “not so” healthy foods can be a treat such as special school events and class parties.

At the Athelstone School we support healthy eating by:

- Encouraging mid-morning fruit and vegetable snacks.
- Eating together as a whole class.
- Encouraging water bottles on classroom tables.
- Promoting water as the drink of choice through our After School Sports Policy
- Implementing the Australian Health and PE curriculum.
- Avoiding unhealthy foods.
- Providing nutrition information and advice to parents in school newsletters and handbooks.
- Parental and student involvement in food preparation and cooking programs at school.