

## Healthy eating policy

### PURPOSE

The purpose of this document is to document the rationale underpinning school policies that relate to food provided by PHPS, and the principles that will drive related choices going forward.

Princes Hill Primary School is committed to encouraging health eating to support children's learning and development, and live the values of 'One Community', 'Expanding Possibilities', and 'Strong and Capable Children'. The school accepts that providing nutritional options as part of school-based activities is essential for the health and wellbeing of the community.

### RATIONALE

Department of Education guidelines around healthy eating in schools (such as the *Healthy Eating Canteen Kit*) reflect research showing that there are strong links between healthy eating choices and positive cognitive, physical and mental health outcomes. Unhealthy food choices, such as items high in sugar, actively undermine the efforts of teachers, parents and the school community in supporting students' learning.

Dietary choices of primary school age children have a cumulative effect across their lifetime i:

- Lifetime habits are in large part shaped by social norms around what is appropriate, and this includes what foods are available and encouraged as appropriate during primary years.
- The cognitive, physical and mental health outcomes in primary years set the grounding for lifetime outcomes.
- healthy eating has a major influence on children's health and wellbeing
- healthy eating habits are developed in the early years and are carried through to adulthood
- the National Quality Standard requires centres to provide healthy foods and drinks that meet the requirements for children according to the Australian Dietary Guidelines.

The foods made available through the school set a powerful social norm for students about what is appropriate.

The PHPS community has a responsibility to consider these lifetime impacts and will be encouraged to follow school and DET guidelines when making choices around what foods to offer through lunch orders, OSHC and other activities such as the annual Bazaar.

To assist school communities navigate the complexity of what constitutes healthy eating, the Department of Education releases guidelines such as the [Healthy Eating Canteen Kit](#). This provides evidence based guidance to support school decisions around appropriate food offerings. All food offered at or by the school should seek to meet these guidelines as a minimum.

### GUIDING PRINCIPLES

#### School culture

1. PHPS will seek to encourage positive social norms around healthy eating, and avoid activities and food offerings that undermine positive student health, wellbeing and learning.

#### Lunch orders

2. The PHPS lunch order menu will be consistent with Department of Education [Healthy Eating Guidelines](#), such as the [Healthy Eating Canteen Kit](#), and Community expectations (evidenced through healthy eating community survey) therefore:

1. Providing a variety of nutritious options
2. Excluding prohibited items outlined in the [Healthy Eating Canteen Kit](#).
3. The PHPS lunch order will also:
  1. Include dietary and culturally appropriate options.
  2. Be affordable to all member of the PHPS community
  3. Accommodate preferred community payment methods
  4. Minimise packaging in line with the PHPS [Environment Policy](#)

#### **OSHC**

4. Food made available through OSHC will be consistent with all Department of Education policies, regulations and guidelines. [Healthy Eating Guidelines](#).

#### **Other:**

5. Any other foods made available by PHPS to students and the PHPS community will aim to be consistent with DET [Healthy Eating Guidelines](#). This includes foods offered at the Annual Bazaar and through other school activities.

#### **REVIEW**

This policy will be reviewed in three years (2021)