



HEALTHY FOOD AND NUTRITION PROMOTION POLICY

OUTCOME STATEMENT

The Board of Trustees of Waitakere SDA School recognises the importance of healthy food promotion and the place it has in ceremony for all cultures. It is also aware of the growing concerns regarding the health of our young people.

EXPECTATIONS AND LIMITATIONS

1. Parents/caregivers and staff will be encouraged to use, model and reinforce healthy eating while children are at school.
2. The health programme will include programmes that value the eating of healthy food to promote the healthy growth and nutrition of our children.
3. The school will actively encourage water drinking and make time available for a healthy brainfood break in the first hour of school.
4. Where parties or other celebrations are undertaken, formal notice will be given to families ahead of time. The classroom teacher will prepare children for this by covering expectations about manners and eating responsibly. Families will be encouraged to send along healthy options. Confectionary and sugary drinks will not be permitted in lunch boxes.
5. Children will be encouraged to be self-managing, BUT staff will supervise the students eating at school and if necessary, contact parents regarding this.
6. A brainfood break will be taken in all classes. Teachers will encourage children to snack if considered necessary when meeting their personal and learning needs.
7. Staff will supervise all eating times. During lunch and 'brunch' times, children will be required to sit.
8. Parents should keep staff up to date with any allergies their children may have to foods. A food allergy list is kept in the office and is known to all staff through the student database, etc.
9. Children will be encouraged not to share food to minimise allergic reactions and the spread of germs. Children may not share drink bottles.
10. Parents should inform staff in records to school lunch provided by MOE in relation to dietary requirements of their children.

PRINCIPAL

DATE

CHAIRPERSON

DATE