

Healthy eating policy

Rationale

Hampstead Primary School acknowledges that healthy eating has a positive impact in a child's growth, development, overall health, wellbeing and capacity to learn. This policy is based on the latest evidence and is in line with state and national guidelines. A whole school approach is required to enable students and parents to make positive changes where necessary. All food provided at school will be within the guidelines of the Right Bite Healthy eating policy. This includes all situations where food may be provided in the school environment such as school excursions, school camps, fundraising events, school activities such as celebrations and sports day, and food used in curriculum activities.

Aim

Hampstead Primary School aims to consistently promote a positive healthy eating culture to allow students to make healthy food choices that will support their ongoing health and wellbeing.

Implementation

Curriculum teaching and learning

All classes at Hampstead Primary School learn about healthy eating and nutrition as part of the Health subject within the Australian Curriculum. Students engage in a range of lessons throughout each year to help develop an increased knowledge and understanding about healthy foods and their affect. This learning can include cooking healthy recipes within the classroom.

To further promote healthy eating, staff at Hampstead Primary School do not use food as a reward or motivation for good behaviour or academic/other achievement. We recognise that foods as a reward can be a trigger or traumatic for students and is not condoned. Hampstead Primary School uses other positive reinforcements for positive behaviour or achievement.

When possible, students have the opportunity to engage in food-related activities such as planning and shopping for meals, as well as growing, cooking and eating food from our garden. This provides students with a contextual understanding of healthy eating and develops lifelong skills.

School events and special occasions

At Hampstead Primary School, red foods, such as lollies and chocolate, are not given to students by staff. Each term, classes are able to have 1 red food day for a special celebration. Further, as a whole school, Hampstead Primary School is able to have 1 red food day per term for a fundraiser or celebration. Where possible, families will be notified of upcoming food events.

School lunches/snacks

Hampstead Primary School strongly encourages parents to pack a healthy range of snacks and lunch based on for their child. We recommend a balanced combination of 70% green food and 30% amber food in lunch boxes. A healthy lunch box is recommended to be made up of:

- Fruit and vegetable group – at least one portion
- Bread, rice, potatoes, pasta – at least one portion
- Milk and dairy foods – at least one portion
- A healthy drink such as water

We encourage that you support the school and your child by not providing your child with any of the following during the school day:

- Foods high in fats or sugars such as lollies or chocolates
- Fizzy or sugary drinks
- Foods containing nuts (due to allergies)
- Energy drinks

Hampstead Primary School discourages students sharing food from their lunchboxes due to heightened health risks and allergies, such as anaphylaxis.

Breakfast club

Hampstead Primary School provides a Breakfast club program, multiple times a week, for identified families and students. We recognise the importance of students having a nutritious breakfast to allow them to be ready to learn, while also supporting their overall health and wellbeing. Hampstead Primary School has partnered with Kickstart for Kids who support our program by providing donated foods that allow us to run this program. During our breakfast Club, our staff have positive conversations with every child to help set them up for success. They further promote healthy eating through the foods cooked, have children support the setup and clean-up and share recipes with families. Breakfast menu includes: low sugar cereals, fruit, toast, milk and water.

One Box

Hampstead Primary School supports families through the donated One Boxes of food. These weekly boxes provide identified families with a range of fruits, vegetables, milk and bread to continue to promote healthy eating at school and home.

Partnership with parents and carers

Events and celebrations

Hampstead Primary School recognises the importance of important celebrations, such as birthdays. We request that if you are to send your child in with food to celebrate, it is chosen from the green food category. Amber or red foods will be returned to the family. As there are a range of dietary requirements throughout every classroom, we ask that you consider this by speaking with your child's classroom teacher at least 24 hours prior to sending any foods in to share for a celebration.

Water for all

Hampstead Primary School requests that families send their children with water or low sugar fruit boxes. If other drinks such as soft drink, milkshakes, hot chocolates or tea are brought to school, staff will ask the student to take it home, rather than consuming it at school. This provides students with the best chance at success throughout the day by maintaining a healthy diet. We recommend students bringing a drink bottle every day. Hampstead Primary School provides fresh tap water for all students to use throughout the day. Staff regularly encourage students to drink water throughout the day.