



Healthy Eating Policy

Wembley Downs Primary School

Healthy Eating 2023

Wembley Downs Primary School encourages all staff, students and community members to take pride in themselves and their school. Our behaviour expectations of:

- Be Respectful,
- Be Responsible,
- Be Caring,
- Be Your Best,

are central to all school pursuits, including the choice of healthy foods.

RATIONALE

In 2006, following the Australian Better Health Initiative, a set of Policy and Standards were developed for the supply of food and drink to students in WA schools. The Policy categorizes food and drink into three groups:

- **Red**, those items not to be available in schools;
- **Amber**, those items to be served in moderation; and
- **Green**, those items which are healthy and promoted by the school.

Our school achieves a supply ratio of 3:1 for Green and Amber foods.

PURPOSE

1. To provide procedures for staff, students and the wider community on the provision and promotion of healthy eating choices.
2. To establish procedures to assist staff in the planning of curriculum activities.
3. To establish procedures for the school, P & C and wider community to assist with the planning of fund raising and community activities.
4. To ensure we meet the requirements of DoE's Healthy Food and Drink Policy and Standards.

PROCEDURES

1. Healthy Food Choices

Information about the Healthy Choice Menu is distributed through the School Newsletter.

2. Guidance to Staff

Our educational activities promote healthy lifestyle choices which are essential to early intervention to prevent later societal health problems. We provide activities which promote healthy choices through classroom Health and Physical Education lessons and through whole school Healthy Choice initiatives such as:

- Crunch and Sip,
- Participation in Fruit and Veg September,
- Daily Fitness and,
- Providing appropriate food choices in classroom programs.

We expect that staff will also model healthy practices. Staff refrains from the consumption of Red foods and confectionery whilst in the company of students. This policy does not cover what staff chooses to consume in the Staffroom or in private.

3. Curriculum Activities

Staff refrains from providing sweets and unhealthy snacks as rewards for appropriate behaviour.

Staff avoids using unhealthy foods and confectionery in learning activities.

Curriculum Exceptions

On special occasions, such as Easter small amounts of confectionery are tolerated in line with local custom and tradition. Teachers ensure that students are aware of why confectionery aligns with these celebrations and that any activities are linked to valid educational outcomes.

Most importantly, any use of confectionery is always in moderation.

4. Inappropriate Foods for School Fund Raising

Students have, at times, raised funds for clubs and associations through the sale of confectionery at school. This is contrary to DoE's Healthy Eating Policy and will not be allowed

This Healthy Eating Policy prohibits the selling of Red foods in fund raising. This extends to:

- Chocolate Fund Raising,
- Ice Cream Sales,
- Soft Drink Stall and,
- Similar activities.

Staff must consult the School Administrative team before embarking on fund raising activities.

5. P & C/Community Fund Raising

The Department Policy states *"those activities organised outside of the direct responsibility of the principal are not required to adhere to the policy or standards, for example, fundraising by the P&C and school fetes. However, the principal is required to consult with the school community in deciding the policy for healthy food and drinks."*

The P&C must consult with the School Administrative Team on fund raising plans.

Reporting

The Education Department, as part of the IPS School Review Process, may ask Wembley Downs Primary to demonstrate that they are complying with the Department policy.