



Healthy Eating Policy

Wembley Downs Primary School

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Our Vision

At Wembley Downs Primary School, we promote a whole-school approach to wellbeing and recognise the vital role that healthy eating plays in physical health, mental wellbeing, and learning outcomes. We support our students and families in making nutritious food choices while respecting cultural diversity, individual needs, and community values.

Our school values—**Be Respectful, Be Responsible, Be Caring, Be Your Best**—are reflected in how we approach food, nutrition, and social eating.

Rationale

Healthy eating habits formed in childhood lay the foundation for lifelong health and wellbeing. Schools have a key role in promoting these habits by:

- Providing consistent messages across teaching, food service, and school events
- Modelling positive attitudes toward food
- Supporting students to build practical knowledge and positive relationships with food

Guiding Principles

This policy aligns with:

- The **Department of Education's Healthy Food and Drink Policy (WA)**
- The **Australian Dietary Guidelines**
- **WA School Canteen Association's Traffic Light System** (Green, Amber, Red)

Our goal is to encourage:

- **Green** (everyday) foods: fresh fruit and vegetables, wholegrains, dairy, lean protein
- **Amber** (select sometimes) foods: processed or packaged items with moderate nutrition
- **Red** (not for school supply) foods: high in sugar, fat, and salt, e.g. soft drinks, lollies, deep-fried foods

Implementation

In the Classroom

- Teachers promote healthy eating through Health and Physical Education and other curriculum areas.
- Foods used in lessons or celebrations reflect a balanced approach and are consistent with this policy.

- Rewards will not be food-based (particularly not sweets or Red-category items).

Crunch & Sip

- Students are encouraged to bring fruit/vegetables and water for mid-morning refreshment.
- This supports hydration and concentration and fosters healthy snacking habits.

Celebrations and Special Events

- Whole-school and class celebrations may occasionally include small amounts of confectionery or "treat" foods, particularly when tied to cultural or educational purposes (e.g. Easter, Harmony Day).
- Teachers will guide discussions about balance and mindful eating.

Fundraising and Events

- All school-led fundraising events (including student-led) will avoid Red-category foods.
- P&C-led events are encouraged—but not required—to align with the school's values around healthy eating.
- The school will collaborate with the P&C to ensure fundraisers offer appealing, healthy alternatives.

Inclusivity and Cultural Considerations

- The school acknowledges and respects food diversity and encourages culturally inclusive practices.
- No student will be excluded or judged based on the food they bring from home.
- We aim to educate, not shame, and promote food literacy and choice.

Monitoring and Review

- The policy will be reviewed every two years, or as needed to reflect new guidelines or school priorities.
- Staff and families will be invited to provide input.
- The school will maintain documentation to demonstrate alignment with DoE expectations if required.