

HEALTHY EATING

AUSTIN COVE BAPTIST COLLEGE Policy

Purpose

All schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink.

With the increasing awareness as to the effect of sugar on general health, and in many cases, children's behaviour, it is important that the Primary School has a clear and consistent policy on how we address this issue. In addition, in line with the school's Health Curriculum some advice and counsel to parents on curbing sugary and preservative laden foods in children's lunches and snacks may also be appropriate.

These are the areas in which the school has a duty to manage the students' sugar intake:

- (a) Any activities and programs within the school setting relating to or involving food and drink**
- (b) Snack Shack**
- (c) Off-site activities that involve the provision of food and drink to students including excursions, camps and school functions**
- (d) The use of sweets and/or sugary treats as a reward in class**
- (e) The sale of sugary foods in school fundraising activities**

It is important that all activities involving the sale or provision of food are managed in line with nutritional Guidelines as detailed on the Western Australian School Canteen Association Inc. website <http://www.waschoolcanteens.org.au/menus/nutritional-guidelines/>

It is Austin Cove Baptist Primary School's policy that teachers avoid the use of sugary rewards for student achievement or behaviour. Apart from sending a mixed message that does not reinforce the teaching of the Health Syllabus, the effect of sugar on a child's dental health throughout the day when brushing cannot be done is well documented. However the occasional gift of a sweet or lolly at the end of a day may be considered but should always be in keeping with the known practice and wishes of the child's family concerning the intake of sugar and preservatives in food.

Obviously, a proactive reinforcement of good standards of student work and behaviour are always something the school will seek to support the teacher in practising. The use of small tokens such as pencils, erasers and other items is encouraged. Nuts and food in general should be avoided.