



This policy was last ratified by School Council in... **November 2015**

Healthy Eating and Oral Health Policy

Purpose:

Leadership and staff acknowledge the importance of healthy eating and oral health behaviours, which contribute to good health and overall wellbeing, and the capacity of students to achieve optimal learning outcomes.

This policy confirms our commitment to:

- Encouraging students to make healthy food and drink choices.
- Promoting the importance of a healthy lifestyle, which includes: drinking water, eating healthy food and maintaining oral health.
- Creating a supportive environment for healthy eating and good oral health for students, staff, families and external visitors.

At Roslyn Primary School, we will promote healthy eating and oral health to students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

It is recognized that every member of Roslyn Primary School has an impact on student's health and contributes to creating an environment that promotes healthy eating and good oral health. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Broad Guidelines:

Healthy Eating and Oral Health promotion at Roslyn Primary School will:

- Be in accordance with the School Policy and Advisory Guide.
- Utilise other resources that support the DEECD framework for nutrition and oral health such as support and resources from Dental Services Victoria.
- Be based on the framework and philosophy of the Victorian Achievement Program for schools and early childhood services.
- Be consistent with the School Canteen and other School Food Services Policy and Australian Dietary Guidelines.
- Contain highly interactive pedagogies that engage students in: problem solving, critical thinking, and media analysis; with clear educational outcomes, to develop health literacy, knowledge, skills, and the exploration of personal and community attitudes and values.
- Encourage awareness, respect and responsibility for oneself and others.
- Promote collaborative relationships between the school community and the broader community, in the planning and implementation of nutrition education, responding to cultural and social needs of the school community.
- Enable students to be aware of sources of help and acquire the skills and confidence to use them.

- Staff, families and students are involved in guiding the development and implementation of the whole school healthy eating and oral health policies and are seen as key partners in promoting and supporting healthy eating and oral health initiatives in the school.
- Support staff to develop and hold central roles in planning and delivering nutrition and oral health content through recognition of their leadership, and provision of training, resources and planning opportunities.
- It is important to ensure nutrition education occurs within a cross-curricula approach, is integrated with health-related activities (such as school nursing and student wellbeing initiatives) and enables family involvement, thus promoting a whole-school learning approach.

Implementation:

- All staff are responsible to ensure appropriate school environment supportive of nutrition and oral health goals.
- School leadership will monitor and measure the success of the program on an annual basis and implement strategies for continuous improvement to advance the health and wellbeing of Roslyn Primary School staff and students.
- School leadership and council are responsible for ensuring parent/carer information is provided pertaining to nutrition education and for appropriate follow up and student care where they have been informed of concerns regarding the nutrition or health of students in accord with all legal requirements pertaining to mandatory reporting.
- Healthy eating and oral health are incorporated into the curriculum, across multiple key learning areas.
- Identified lead educators may liaise with external health providers from time to time to support the planning and delivery of the program.
- Safe drinking water is available at all times and only water bottles filled with water are to be accessed during class.
- Food provided at camps, school excursions and sports days are in line with the School Canteens and Other School Food Services Policy.
- Food and drink, food vouchers and sweets are not used as an incentive or reward.
- Sweet drinks are not permitted during school time, or on school grounds, with four days permitted as exceptions, as agreed to by the school council and designated at the commencement of the school year, or with exemptions identified by the Principal.
- Families are encouraged to provide healthy lunches and snacks, are informed that children are to bring water-only to drink at school, and that sweet drinks brought to school shall be held aside until the child leaves the school for the day.
- Healthy food options are encouraged for staff at meetings, professional learning events and in the staff room.
- The school seeks to ensure any sponsorship, advertisements or marketing of food and drinks is consistent with the school's healthy eating and oral health policies. Fundraising activities reflect the healthy eating and oral health policy and promote healthy lifestyle messages.
- Students are encouraged to undertake safety practices to prevent against dental injuries, such as using mouth guards while participating in sport.
- The school will provide information to staff and in first aid/sick bay areas on what to do in the event of a dental injury (i.e. when a tooth is knocked out).
- Students are given adequate time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.
- To support positive role modelling, staff and families are encouraged to bring food which is in line with the school's healthy eating policy and are not permitted to bring or consume sweet drinks on school grounds.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating and oral health across the curriculum.

- Families and staff are, on a regular basis, provided with information, ideas and practical strategies to promote and support healthy eating and oral health at school and at home.
- The school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote healthy eating.

Evaluation:

The healthy eating and oral health policy will be monitored and reviewed by the staff, school council, students representatives and the health and wellbeing team at least once every three years.

Notes Supporting This Policy

Definitions:

'Everyday' foods & drink: Include whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, reduced fat dairy products and water.

Healthy eating: Eating a wide variety of foods from the five food groups each day. Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.

Nutrition: Providing the right balance of vitamins, minerals and nutrients to feel energised, grow and stay healthy. The meals we eat and the drinks we drink satisfy hunger and thirst throughout the day as well as fuel the body. Preparing and sharing meals with friends, family or community is a significant way to build relationships and is an important part of our culture.

'Occasional' foods and drink: Also referred to as 'extra foods' (sometimes called 'junk food'), these are foods like potato chips, chocolate, cakes, lollies, soft drinks and some takeaway food like hamburgers and hotdogs. These foods are usually low in nutrients and high in salt, sugar or fat.

Oral health: Defined as 'eating, speaking and socialising without pain, discomfort or embarrassment'.

Victorian Health Promotion and Prevention Achievement Award: This program is a joint initiative from the Department of Health and Department of Education and Early Childhood Development. It has been developed to closely align with existing accountability and learning frameworks, such as the National Quality Standards and Victorian Early Years Learning and Development Framework for early childhood services, and strategic and annual planning processes and AusVELS for schools.