



**Jilbup**  
PRIMARY SCHOOL

# **Healthy Eating Policy**



## Healthy Eating Policy

### Purpose

Jilbup Primary School will adopt a whole school approach to healthy eating within the school community. This policy outlines how our school environment will promote healthy eating within all aspects of our school context including our curriculum, eating times and our future canteen service. Our school will promote and utilise the food classification system or “traffic lights” in accordance with the Department of Education’s Healthy Food and Drink in Public Schools Policy.

Parents/carers will make decisions about their own child’s diet, food choices and lunchbox. We understand that different children have different dietary requirements, and their lunchboxes will reflect this. It is important to discuss any special requirements with your classroom teachers. If teachers have any concerns, they will contact the parent/carer to discuss. The staff at Jilbup Primary School will encourage your child to eat what has been provided by the parent/carer and facilitate student choice about what they eat, when.

- Parents and caregivers are responsible for what food is provided to eat at school
- Teachers & schools are responsible for when and where food is eaten, plus keeping food free from emotion
- Children are responsible for how much they eat and in which order

This policy has been developed in consultation with the Jilbup PS Steering Committee and in accordance with the Department of Education’s “Healthy Food and Drink in Public Schools Policy”. Any review or future changes will be made with the approval of the future Jilbup Primary School Board.

### **Healthy Food Clarification System: green, amber, and red**

<b>Green food and drink</b>	Are a good source of nutrients, contain less saturated fat and or sugar and or salt and help to avoid an intake of excess energy (KJ).
<b>Amber food and drink</b>	Have some nutritional value, contain moderate levels of saturated fat and or sugar and or salt can, in large serves, contribute to excess energy (KJ).
<b>Red food and drink</b>	Lack adequate nutritional value, are high in saturated fat and or sugar and or salt and can contribute to excess energy (KJ).



## **Curriculum**

Schools play a role in ensuring children understand the importance of making healthy food choices. A whole school approach helps students to develop knowledge, understanding and skills to support them to make healthier choices. Staff at Jilbup PS will teach students the three key areas of the WA Health Curriculum, with a focus on healthy eating:

- Being healthy, safe and active
- Communicating and interacting for Health and Wellbeing
- Contributing to healthy and active communities

At Jilbup PS students will have opportunities to learn about making healthy food/drink choices through engaging in the Health Curriculum and participating in cooking activities in a range of curriculum areas. Staff are expected to reinforce healthy eating and drinking practices, take a positive and respectful approach, and address any related health concern with the child's parent.

Where students are supplied food as part of classroom activities, 'green' and 'amber' foods will be supplied. Students will only be supplied 'red' foods on limited occasions and in small amounts, and only when it is essential to the learning experience. Staff will seek permission from the principal on these occasions and will notify parents/carers in advance of the activity and related food to be supplied. Staff will take note of any allergies which the school has been made aware of, prior to planning such activities.

## **Designated Eating Times**

Students at Jilbup Primary School will be part of a play and eat philosophy, where they play first and then eat. Students will eat outside their classroom with their classroom teacher.

Eating times will be:

- Crunch and Sip throughout the day as guided by the classroom teacher.
- First Break eating time 10.50am to 11.00am
- Second Break eating time 1.20pm to 1.30pm

(Time may vary according to the developmental needs of students from Kindergarten to Year 2).

## **Crunch and Sip**

Jilbup PS will adopt elements of the Health Promoting Schools Framework, including Crunch and Sip. Students will participate in a daily crunch and sip break at a time designated by their class teacher.

Participating in a daily Crunch & Sip break provides an opportunity for children to drink water and eat an extra serve of vegetables or fruit to support good health and to help with learning and concentration in the classroom. Crunch & Sip will be utilised by our school community to promote and increase student vegetable intake.



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### **Whole School Rewards- PBS**

Jilbup PS will adopt the Positive Behaviour Support (PBS) approach to promote our behaviour expectations. Students will be acknowledged through a free and frequent system that will accumulate to team, class, and whole school rewards. As part of the PBS reward system, students may receive food and drink-based rewards that may include, for example, milo/hot chocolate, icy poles, popcorn, and a sausage sizzle. This will, however, be balanced with rewards that also promote an active lifestyle such as: extended play time, student vs teacher games, tug of war teams and organised games. In all instances, parents will be informed in advance of the reward, and allergy/cultural requirements will be considered.

### **Fundraising**

Fundraising initiatives by the Parents and Citizen's Association will promote a consistent message with the school and consider healthy options which align to the Healthy Food and Drink in Public Schools Policy and Procedures.

### **Camps and Excursions**

All food and drink for such events must be approved by the principal. However, 'green' and 'amber' foods are strongly encouraged.



## **Lunch Box**

At Jilbup PS we encourage parents /carers to pack a healthy lunch box that promotes healthy eating. We encourage limited processed foods that contain high fat and or sugar and or salt content. We also have a sustainability ethos that will promote limited use of plastic wrapping. Bento Box lunch boxes will be encouraged.

# How do you pack a lunchbox with **goodness?**

## **Each day children need:**

- Something for lunch (main meal)
- Something for recess (mini meal)
- Something to munch (fruit or veg)
- Water to drink

**If it's all healthy food, it doesn't matter what order the lunchbox is eaten in! Anything children reach for will provide them with long-lasting energy.**

This means packing foods such as wholegrains, vegetables, lean meats and reduced-fat dairy as well as fruits and water to drink.

## **The Main**

Pack a substantial meal from the five food groups. This can include a sandwich, wrap or alternatives such as sushi, pasta, curry, falafel or any dinner leftovers. Remember to add an icepack to keep food safe.

## **The Mini**

Pack smaller portions of the five food groups. This can include slices of cheese, hard boiled eggs, homemade muffins, tinned tuna, popcorn, grainy crackers or dips.

## **The Munch**

Pack any fruits or vegetables that your child enjoys. Pick seasonal to save money and encourage variety.

## **Water**

Always pack water for your child.



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