

HEALTHY FOODS

STATEMENT OF COMMITMENT

Rationale:

APPS acknowledges healthy eating has major positive influence on a child's health, wellbeing and capacity to learn. Accordingly, we seek to create an environment that has a positive impact on nutritional health and promotes a healthy lifestyle.

APPS will endeavour to balance its commitment to the celebration of school events and individual milestones, such as birthdays, with the community commitment to healthy student eating.

Aims:

- To ensure a whole school approach to food consumption as a part of classroom programs and celebrations
- To encourage healthy hydration levels through continuous student access to drinking water

Implementation:

- While parents are responsible for making the decisions about the food and drink that the students consume during school hours, they should be encouraged to provide healthy options. To help with this APPS will provide access to key healthy eating information www.eatforlife.com.au
- Overall health education will be directed by the Victorian Curriculum, Health and Physical Education.
- Class cooking and other food related activities related to sustainability or other areas of the curriculum, such as mathematics, will continue and food selection will be at the discretion of the teacher.
- Students will be encouraged to participate in the 'nude food' sustainability initiative that positively impacts on healthy eating
- Students will not receive food rewards.
- Students can bring celebratory food for their birthday. The class teacher will ensure that parents of students with food allergies or cultural restrictions provide alternate 'treats' for those occasions.
- Water will be the only drink provided for class celebrations.
- The outsourced canteen Renatta and Camp Australia Out of School Care offer healthy food choices.

This statement was ratified by School Council on..

22nd August 2016