



HEALTHY EATING POLICY

At Chancellor, we see the promotion of healthy and pleasurable eating as an integral part of learning and developing lifelong habits. We see healthy eating as part of each person's social, emotional, physical, cultural and spiritual wellbeing.

This policy reflects current research, which suggests optimal nutrition will positively impact on cognition, concentration, activity levels, interaction with peers and self esteem.¹ The health promoting schools framework² underpins this policy.

Smart Choices is the policy document that is the catalyst of this policy.

School Organisation, Ethos and Environment

We will:

- Ensure all school functions reflect our policy of pleasurable and healthy eating.
- Support Education Queensland's Smart Choices initiative
- Support creative initiatives and programs, which promote healthy eating.
- Encourage and promote voluntary support and involvement from parents and members of the school community. Examples include:
 - Kids in the kitchen
 - School garden
 - Tuckshop / Cafeteria
 - Other school events
- Actively seek to promote cross-cultural experiences with food.
- Ensure that opportunities exist for parents and the community to be aware of current nutritional information. This will occur by way of:
 - Nutrition and healthy eating policy
 - Information sharing / newsletter / social media
- Encourage teachers to role model healthy eating practices.
- Instigate initiatives that promote positive social interactions and experiences surrounding healthy eating.
- Encourage the drinking of water throughout the day

Curriculum, Teaching and Learning

We will:

- Ensure that nutrition messages are consistent and in line with the Australian Dietary Guidelines for Children and Adolescents
- Ensure safe food handling practices.
- Ensure the food offering across the whole P-12 College to ensure that nutrition is consistent.
- Provide opportunities for students to participate in the growing of fruits and vegetables that can either be used through the tuckshop or for food preparation by making use of the school garden.

Partnerships and Services

We will:

- Form and utilise links with other stakeholders such as:
 - Local fruit and vegetable suppliers
 - Interested school and community members
 - Community Nutritionist
 - Permaculture growing groups
- Utilise opportunities to apply for funding to support projects and resources.

Monitoring and Review

- The policy will be monitored annually by the Principal, Parents, Community members and the Healthy Eating Reference Group.
- It will be reviewed, and if necessary revised, every two years by Curriculum Council, Activation Focus Group and Healthy Eating Reference Group.

¹ Sorhaindo, A. and Feinstein, L (2006) What is the Relationship between Child Nutrition and School Outcomes? Department for Education and Skills, Nottingham.

² Brisbane North Public Health Unit, (2001) A Toolbox for Creating Healthy Places to Learn, Work Play. Qld Health. Brisbane