



# Healthy Eating and Oral Health Policy & Procedure

## 1. POLICY STATEMENT

Warrnambool East PS (WEPS) is working towards becoming a health promoting school, which allows a broader approach than doing just health and wellbeing activities. It involves incorporating health in planning and policies, creating a healthy culture and environment, and involving the whole school – students, staff, teachers and families in the process. WEPS is currently actively involved in the Achievement Program which is a Healthy Together Victoria initiative jointly developed by the Department of Health and the Department of Education and Early Childhood Development. This policy will allow a whole of school approach to acknowledging the importance of healthy eating and oral health behaviours. Contributing, to good overall health and committing to encouraging healthy food and drink choices, promoting the importance of healthy lifestyle choices and creating a supportive environment for healthy eating and good oral health for the whole of school community. All members of our school community including staff, students, families and volunteers will be supported to meet this policy. WEPS is committed to promoting 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.

### Purpose:

- To enhance the health, wellbeing, learning and development outcomes for all students, staff and school community members.
- To ensure that any foods provided by the school are consistent with *Dietary Guidelines for Children and Adolescents in Australia* and the Department of Education & Training *School Canteen and Other School Food Services Policy*.
- To promote the importance of and encourage healthy lifestyle choices across the whole of school community, which includes: drinking water, eating healthy food and maintaining oral health.
- Creating a supportive environment for healthy eating and good oral health for all associated with school community (students, staff & families).

### Implementation

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy
- All staff are responsible to ensure we provide an appropriate school environment supportive of healthy eating and oral health goals.
- 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.
- Enable students to be aware of sources to help and acquire the skills and confidence to use them.

- Lessons relating to healthy foods, healthy eating and oral health will form part of each child's annual Health & Physical Education curriculum studies as per Victorian Curriculum requirements
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods e.g. Gardening program, Meet and Greet Breakfasts, cooking during Structured Activities and lunch orders.
- The schools Food services menu is assessed as being compliant with the Dietary Guidelines for Children and Adolescents in Australia and the Victorian Department of Education & Training School Canteen and other School Food Services Policy. The schools food services will work towards increasing the availability of 'everyday' foods and limit 'occasional' foods and does not provide any sweet drinks at all, including juices, sports drinks, or flavoured water. Flavoured milk may be provided under the provision it falls into the green or amber categories.
- Food provided at camps, school excursions and sports days are in line with the Department of Education *School Canteens and Other School Food Services Policy*.
- Food and drink, food vouchers and sweets are not used as an incentive or reward
- At least once per year the whole school will focus upon a theme of healthy foods during a cross-age buddy session.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Safe drinking water is available at all times and only water bottles filled with water are to be accessed during class.
- Sweet drinks (non – dairy based) are not permitted during school time, or on school grounds, with four days permitted as exceptions, as agreed to by school council.
- Students will have access to their own water bottles during class lessons, and will be encouraged to eat fruit and vegetables at allocated 'fruit breaks' during the day.
- 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.
- Students are given adequate time to eat their food in suitable and calming spaces.
- Staff are to inform the Student Welfare team of students who appear to be provided with inadequate lunches
- 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 support and promote good oral health practices
- Guidelines followed are drawn from evidenced base resources and the school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote healthy eating.
- Fundraising, sponsorship, advertising and marketing is consistent with the healthy eating and oral health policy.
- Students are encouraged to undertake oral hygiene practices where appropriate
- 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).

## Evaluation

The Healthy Eating and Oral Health Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

<b>Date Implemented</b>	September 2017
<b>Approved By</b>	School Council
<b>Review Date</b>	2018 with achievement program