



NUTRITION POLICY

INTRODUCTION

At Southern Cross Catholic College, we are called to promote the positive image of our college and to contribute to the sense of well-being among our students and the college culture. Schools play an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle.

RATIONALE

A healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance. Tuckshops are an important part of the school environment; they can model healthy food and drink choices that are tasty, interesting and affordable, and provide the means to put into practice nutrition messages taught in the classroom.

PRINCIPLES & VALUES

SCCC promotes safe, healthy eating habits in line with the government's "Healthy Eating for Children" guidelines. We believe that school is an important place for establishing lifelong, healthy eating habits. Implementation of this policy is based around a cycle of renew, review, reflect and the principles underlying the policy include: rights, responsibilities, self-esteem.

POLICY STATEMENT

Parents:

- To provide at least one serve of fresh fruit and/or vegetables each day for fruit break (Primary)

- To guide their children in making healthy food choices for school in their lunch boxes

System:

- Incorporates “Healthy Eating for Children” guidelines and recommendations (primary and secondary) in to school policy, curriculum (HPE, Home Economics, PDE) and pastoral care programs
- Communicates school expectations and policy on healthy eating for children through various means including through the school Newsletter, What’s On, emails home to parents, information sessions.
- Audit and regularly review tuckshop foods and drinks through the College Leadership Team (CLT), Healthy Active Group Staff Committee (HAGS) and SCCC School Board
- To provide healthy options for students to purchase through *Flexischools* and over the counter
- Supports a timetable that enables teachers to provide time for a healthy food snack (fruit/vegetables) once a day during class time (primary)
- Supports Homeroom Teachers and Pastoral Leaders in their pastoral role when promoting and monitoring the implementation of the “Healthy Eating for Children” guidelines and recommendations (primary and secondary)
- Promotes hydration and good drinking practices of water during school time
- Supports and encourages students and staff to have water bottles kept at an easy access

IMPLEMENTATION

- School Policy formed through SCCC School Board (2017)
- Biennial review and audit of tuckshop foods and drinks by the CLT and School Board. Results of audit to be communicated to HAGs Committee for response
- Report of standard of implementation of “Healthy Eating for Children” guidelines and recommendations in SCCC Curriculum by the HAGs Committee once a year. Findings to be reported to CLT and SCCC Board for review

APPENDICES

https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55f_children_brochure.pdf

<http://education.qld.gov.au/schools/healthy/docs/smart-choices-strategy.pdf>

<http://www.virginiaps.sa.edu.au/docs/2012%20Healthy%20food%20suppy%20and%20nutrition%20policy.pdf>

Ratified by:

Date: