

HEALTHY EATING AND ORAL HEALTH POLICY

RATIONALE:

Healthy eating and good nutrition have a major influence on the health and wellbeing of children, and a direct impact on their growth and development. Acknowledging the social and cultural role of food, and the wide range of attitudes to it, is important within our school environment.

Oral health is essential for the overall health and wellbeing of children. Oral diseases can negatively affect individuals through pain, discomfort, and impacts on general health and quality of life. The main oral health condition experienced by children is tooth decay, with one in four Victorian children aged 5-12 years having filled teeth. Tooth decay is Australia's most prevalent health problem, despite being almost entirely preventable.

AIMS:

Staff acknowledge the importance of healthy eating and oral health behaviours, which contribute to good health and overall wellbeing. This policy confirms our commitment to:

- encouraging students to make healthy food and drink choices.
- promoting the importance of a healthy lifestyle, which includes drinking water, eating healthy food and maintaining oral health.
- creating a supportive environment for healthy eating and good oral health for students and staff.

As a health promoting school, we will promote 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.

IMPLEMENTATION:

- Staff, families and students are provided with information about policy requirements.
- Healthy Eating Advisory Service guidelines are followed – encouraging 'green', moderating intake of 'amber' and limiting 'red' foods/drinks.
- The school canteen menu is assessed by the Healthy Together Healthy Eating Advisory Service and is compliant with the *School Canteen and other School Food Services Policy*. The school canteen works towards increasing the availability of 'everyday' foods and limits 'occasional' and 'select carefully' food and drinks.
- Families are encouraged to provide healthy lunchboxes.
- Healthy food options are encouraged for staff at meetings, professional learning events and in the staffroom.
- Safe drinking water is available at all times and only water bottles filled with water are to be accessed during class.
- The school seeks to ensure any sponsorship, advertisements or marketing of food and drinks is consistent with the school's healthy eating and oral health policies. 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.
- Food and drink, food vouchers and sweets are not used often as an incentive or reward.
- Students are given adequate time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.
- To support positive role modelling, staff and families are encouraged to bring food and drinks which are in line with the school's healthy eating policy.
- Staff and families are encouraged to foster a healthy body image and enjoyment of eating.
- The school respects and celebrates the cultural diversity of its community through recognising and valuing cultural and traditional beliefs about food and oral health.
- Healthy eating and oral health are incorporated into the curriculum.
- 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.
- Families and staff are provided with information, ideas and practical strategies to promote and support healthy eating and oral health at school and at home.
- The school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote healthy eating.

EVALUATION/REVIEW

This policy will be reviewed as part of the school's three year cycle of review.

Ratified by Bellbridge Primary School Council – August 2016