



## Healthy Eating Policy

### **Rationale:**

We consider that healthy food and beverage choices can enhance educational outcomes. The school supports and encourages a healthy eating environment and culture at EIS –Meadows.

### **Purpose:**

1. To help young people find accurate/unbiased information about healthy eating.
2. To encourage young people to clarify their own ideas about making healthy eating choices.
3. To help young people develop the skills they need to make responsible decisions about healthy eating.
4. To help young people understand the factors that influence their food and beverages choices & the possible long-term effects of their choices.
5. To provide an environment that encourages and supports healthy eating.

### **Guidelines:**

1. Food and Nutrition education is an integral part of a comprehensive health education programme.
2. All food service personnel, teachers, nurses, coaches, and other school, administrative staff will support and promote healthy eating practices.
3. Water is strongly encouraged as the best drinking option.
4. Children are regularly encouraged to wash their hands before eating and also sitting down.
5. Our young people will be able to identify, and take action to address, food and nutrition issues in the school.

**All forms of nuts are banned in School as several Students are hyper-allergic.**

### ***Birthday Guidelines:***

1. Birthdays cannot be celebrated in school with a party. Parents are strongly encouraged not to bring in balloons, hats or other birthday paraphernalia.
2. All children may be sung happy birthday or their birthday recognized in some way at a time convenient for the class. If parents would like to be present for this, they must inform the Class Teacher and they will arrange a convenient time.
3. Birthday cakes can be brought into school. It is strongly recommended that this occurs at 12.30 pm for Early Years and 2.30 pm for Years 1–6 to reduce the interruption to teaching and learning time.
4. Birthday cakes must be cut and wrapped individually for children to take home. Small cupcakes and donuts can also be brought in.
5. If a parent arrives with a whole uncut/unwrapped cake, they will be requested to cut, wrap and distribute to students.
6. Due to allergies and our Healthy Eating Policy, children will not be allowed to eat cake, cupcakes or donuts that are brought into school for birthday's, during school time.
7. All cakes/donuts must be nut free.
8. At the end of the School Year, an afternoon will be agreed and Class parties can take place. Healthy food options should be made available.