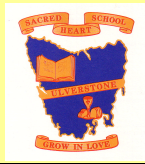


Sacred Heart Catholic School

Ulverstone



HEALTHY LUNCHBOXES, HEALTHY BREAKS POLICY

RATIONALE

Sacred Heart Catholic School is a member of the *Move Well Eat Well Program*, a statewide initiative working towards creating environments where children can enjoy healthy eating and physical activity every day. Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. School communities can help students develop healthy habits to live, learn, grow and play. Sacred Heart Catholic School is therefore committed to promoting lifelong health and wellbeing among its students. One way of doing this is to promote healthy lunchboxes and healthy breaks.

AIMS

Through the implementation of this policy, Sacred Heart Catholic School aims to promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every child's day. All Australian children and adults are recommended to eat two serves of fruit and five serves of vegetables each day. All students are therefore encouraged to eat fruit and vegetables as a regular, daily routine. The importance of eating fresh fruit and vegetables is taught in the general classroom and is supported by programs such as Health and Physical Education.

IMPLEMENTATION

It is recognised that the school community impacts on children's health and can contribute to creating an environment that promotes healthy eating and physical activity. The implementation of this policy will encourage children to eat more fruit and vegetables while at school. At Sacred Heart Catholic School, students are encouraged to eat fresh fruit and vegetables by:

- Providing defined periods of time where children are encouraged to eat fruit and vegetables (eg fruit/vegetable break – 'boost break')
- Providing children with a positive eating environment to sit and eat snacks and lunches
- Structuring eating times, lunchtime and breaks to ensure students have sufficient time to eat before play
- Having fresh fruit and vegetables available for purchase from the Canteen on Canteen days
- Setting up healthy eating displays (courtesy of *Move Well Eat Well*) to accentuate the benefits of eating fresh fruit and vegetables
- Promoting the benefits of eating fruit and vegetables through school newsletters on a regular basis
- Providing all staff and parents/carers with information to encourage the promotion and role modelling of healthy eating
- Promoting this policy to parents/carers regularly so that they are able to support the policy appropriately

RELEVANT POLICIES:

- *School Canteen Policy
- *Health & Physical Education Policy
- *Limit Occasional Foods Policy

EVALUATION

- This policy will be reviewed as we work towards becoming a *Move Well Eat Well Award School* and as part of the school's three-year review cycle.

**These policies are yet to be reviewed/established as we work towards becoming a Move Well Eat Well Award School.*

Approved by: Sacred Heart Catholic School Board

Implementation Date: 1st April 2010

Supersedes Policy Dated: N/A

Revision Date: 1st April 2013