

NUTRITION POLICY

RATIONALE

Manjimup Senior High School being a Health Promoting School recognises the importance of physical health and mental well being of its students. Health and academic performance are closely linked. Good nutrition is important in preventing chronic conditions later in life eg heart disease, cancer, obesity and diabetes. Healthy eating habits during adolescent years will be established for life. Manjimup SHS will provide a supportive environment where the development of lifelong healthy eating habits will be encouraged.

This policy has been developed in consultation with staff, students and parents, and has been endorsed by School Board.

AIMS

1. Increase student, parent, teacher and canteen staff awareness of the importance of good nutrition and hydration.
2. Encourage students, teachers and staff to consume foods from the Australian Guide to Healthy Eating.
3. Encourage students, teachers and staff to drink water throughout the day in the classroom and during break times, sports, excursions and camps.
4. Encourage parents to provide students with healthy foods to be consumed at school.

Canteen

1. Make fruit highly visible and offer more variety.
2. Offer more food choices eg vegetarian, healthy foods (low fat).
3. Lower prices for healthy choices.
4. Promote and advertise only healthy choices.
5. Use the STARCAP guidelines to guide improvements in the canteen.
6. Both summer and winter menus will be reviewed by the Health Review Committee - Principal, the School Nurse, and Canteen Manager.
7. Promote ordering of lunch before school and recess to ensure healthy choice.
8. Muffins at recess will be made with a healthy choice base eg apple, banana, and yoghurt.

Fundraising at school

1. Chocolates/confectioneries are not to be sold at school for fundraising purposes. This also applies to school buses.
2. The Principal must approve all fundraising in school by signing a permit.

School camps/activities

1. Provide enough choices and quantities for special diets eg vegetarian, diabetic.
2. Soft drinks are not to be sold at school or at school activities or camps. The only exception would be in moderation at school socials or the school ball. e.g. The purchase of a ticket entitles each student to one can of soft drink.
3. The promotion of water, milk and fruit juice is recommended instead.

Food cooked at school

1. Prepare and promote healthy food choices.
2. Maintain hygiene/safe standards.

Water consumption at school

1. Promote the consumption of water amongst staff and students.
2. Teachers to encourage students to drink plain water from individual sealed water bottles in class where appropriate.

Teaching in class

1. Teachers are encouraged to promote nutrition information into as many learning areas of the school curriculum as possible. Nutrition lessons will support and reinforce good nutrition practices.
2. When incentives are used in class, teachers are encouraged to use healthy incentive.