



Rockingham Montessori School
Incorporated
ABN: 68 115 270 695

POLICY TITLE: Healthy Eating Policy

BOARD APPROVAL DATE: May 2018

SIGNED BY CHAIR:

BOARD REVIEW DATE: May 2021

OVERVIEW:

Our school encourages through its practice the consumption and awareness of healthy foods.

OBJECTIVES:

- To educate children about healthy eating
- To implement classroom practices that support healthy eating
- To provide parents with healthy eating information

PRINCIPLES:

Our staff give a commitment to promote healthy eating through education of our children in the classroom, and the education of parents through discussion and specific parent information.

Breakfast

Research has shown the importance of children eating a nutritious breakfast before school and we encourage all children to do so.

Packaging

All children need to bring their snacks and lunches in reusable washable containers that the child can *easily open themselves*. This promotes independence.

Any packaging needs to be either recyclable or safe for disposal. This gives our children the opportunity to learn about recycling and caring for the environment.

Snack

Childrens House (3-6)

We encourage all children to bring a serving of fruit or vegetables in a named paper bag for their child's snack. This will go into the basket provided by their class teacher at the beginning of class.

This prevents the child from eating all of their lunch at snack time and gives everyone a chance to have snack in the time available.

Lower and Upper Primary (6-12)

Children in this age group are capable of limiting their snack intake and saving most of their food for lunch. We still encourage all children to bring a serving of fruit or vegetable for snack time.

Adolescent Program (12-18)

It is recognised children of this age will already have developed healthy eating habits. Individuals are responsible for eating choices and we strongly recommend students of this age select and prepare nutritious foods low in sugar, salt and fat to support healthy growth.

Lunch

We encourage all families to provide a healthy nutritious lunch. Some suggestions are:

- Fruit
- Natural foods low in sugar
- Foods high in protein content: eggs, cheese, meats, fish, yoghurt and bread
- Healthy grain snack bars (low in sugar) are acceptable

We discourage families from sending:

- Any food containing chocolate
- Any foods containing high concentrations of sugar, salt, and fats eg: lollies, fruit roll-ups, potato chips etc
- Take away lunches
- Boxed or canned drinks

We also encourage all children to participate in making of their own lunches.

Children with Allergies

A number of children in our School Community have severe allergic reactions to some types of foods. Care needs to be exercised in the provision of foods for children in these classes. Our teachers will inform families should caution need to be taken in your child's class.

Research has demonstrated that some additives affect children's behaviour. Some websites can keep you up to date with this information. One such site is www.additivealert.com.au. This site provides information regarding food additives.

Water

Students within Childrens House (3-6) and Lower and Upper Primary (6-12) will have fresh water provided for them throughout the day.

Students in Childrens House (3-6) do not need to bring water bottles. They will be provided with their own drinking glass in their classroom.

Lower and Upper Primary (6-12) children need to bring a water bottle for sport as their sport sessions are much longer.

Adolescent Program (12-18)

Students are responsible for ensuring their individual intake of water is appropriate.

Birthday Celebrations

Families are welcome to provide a fruit platter for all birthday celebrations to be held during class.

Special Cultural and other Celebrations

During the year our classes may participate in a wide variety of celebrations from different cultures. As part of these activities children may be involved in the making and consumption of different foods. Celebrations such as Easter have a significant focus on the consumption of chocolate. Consumption of chocolate will be allowed, in moderation, at such times under the direction and supervision of the class teacher and according to individual family requests.

Inappropriate Foods

To support healthy eating, your child's teacher may send an item of inappropriate food home with a note.

In addition our Principal may contact the family to explain the importance of compliance with our school's Healthy Eating Policy.

By following this policy you support your child's social development because your child may feel uncomfortable if they have inappropriate food.