



Learning for the future

Ahuwhenua – Manaakitia – Mana Motuhake – Manawanui – Aroha

Kamo Primary School

NAG 5 - Procedure Food and Nutrition

Rationale

Children and young people need to establish healthy eating behaviours during their early years so they can lead healthy lifestyles after they leave school.

Children need to understand the building blocks of a healthy lifestyle - good food choices, occasional treats and being active. Nutrition is fundamental to developing an overall sense of wellbeing. There is considerable evidence linking children's nutrition to educational outcomes.

Purpose

- To establish and ensure the maintenance of healthy eating practices.
- To ensure nutrition messages are consistent across the school.
- To develop systems that actively promote the National Food and Nutrition Guidelines.

Guidelines

- We are a 'water only' school, meaning there is no consumption of any other beverages by the students during a normal school day.
- In the best interests of providing a healthy environment, any external providers and events will be asked to respect that we practice healthy eating and water only. The exception is for special events - for example: a school movie night.
- Every child is given the opportunity to have a fruit or vegetable snack during the morning block of teaching. Any fruit that is offered to the school will be supplied to those who do not bring their own.
- Food choices available for Friday lunch will align with the Food and Beverage classification system, and will support and reinforce what students learn about nutrition in the classroom.
- Physical activity is recognised as a vital partner to good nutrition practices and will be actively promoted within the school community.
- Students will be encouraged to take responsibility for their own health through classroom programmes.
- All staff members will be encouraged to model healthy eating behaviours.
- Vegetable gardens and fruit trees are an integral part of our nutrition learning environment, and the produce is shared with our school students and their families/whānau where possible.
- Fundraising is focused on healthy alternatives where possible.
- We will encourage sandwiches, buns or wraps in lunch boxes, or other healthy alternatives, but accept there are times where families and whānau may have financial struggles and food may deviate from our preferred healthy food options.

Signed:

Reviewed: Term 2, 2020

Principal Signed:

Review date: Term 2, 2023

BoT Chairperson