



# VIC-EDU-P-016 HEALTHY EATING POLICY

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## 1. Policy Scope

This policy applies to all members of the MacKillop Education community: students, staff, parent/guardians/carers (referred to as 'guardians') and the wider community.

## 2. Policy Outline

### Context

Our values of respect, hope, justice, compassion, and collaboration inform the quality of relationships we establish and all that we do to ensure our learning community is a place of welcome and safety. MacKillop Education celebrates diversity, and we are committed to inclusion, so that every student, regardless of race, religion, culture, gender identity or personal circumstances, including barriers to learning, can access education and experience success.

Our model, Reframing Learning and Teaching Environments (ReLATE), supports our trauma-informed practice and highlights the critical partnership between students, guardians, and staff, as we work together, to enhance the learning outcomes for every child.

### Purpose

The purpose of a Healthy Eating Policy is:

- To encourage an enjoyment of healthy eating and drinking habits within our school and wider community
- To reinforce healthy eating practices across the school curriculum
- To ensure that all aspects of food and nutrition in the school promote health and wellbeing of students, staff and visitors to our school
- To equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life
- To equip guardians with the appropriate knowledge and skills to enable them to assist their child to adopt healthy eating practices
- To encourage the whole school community to be responsible for their own health, this in turn, promotes a positive attitude to healthy eating habits.
- To improve students' health and wellbeing; this should translate to improved educational outcomes for all students at MacKillop Education

### Policy statement

MacKillop Education is committed to encouraging students and staff to make healthy food choices, as healthy food positively influences young people's growth, development and lifelong health and wellbeing trajectory. Supporting healthy and nutritious food and drink options within the school environment can improve student concentration, mood, memory, learning, academic performance and mental wellbeing and give them the fuel they need to thrive.

## Principles

A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people. MacKillop Education believe that we all have an important role in helping to ensure children and young people receive a consistent message about healthy eating and being active. The school seeks to support and encourage healthy eating through various curricular and practical initiatives.

## Definitions

Healthy eating	Healthy eating, or good nutrition, is simply eating adequate, well-balanced meals to support your body's needs (World Health Organisation, 2018).
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## 3. Procedures

- The school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines to all members of the school community.
- The school will promote and encourage the drinking of water throughout the day.
- The students are provided with a positive eating environment with relaxed, social and enjoyable experiences.
- The school has a designated supervised eating time at both recess and lunch time to ensure students eat their lunch; this also gives educators the opportunity to ensure mindful food choices.
- When establishing curriculum documentation, the school will be informed by the Victorian Curriculum's Health and Physical Education scope and sequence and utilise seasonal and local produce.
- The school will develop strategies to raise an awareness of, or to promote healthy foods.

## 4. Related legislation, policy, guidelines and resources

- Health (2022). *Food and nutrition*. [online] Australian Government Department of Health and Aged Care. Available at: <https://www.health.gov.au/topics/food-and-nutrition>.
- National Health and Medical Research Council 2013, *Australian Guide to Healthy Eating*, Eat for Health, Australian Government.
- Health and Physical Education - Structure - Victorian Curriculum ([vcaa.vic.edu.au](http://vcaa.vic.edu.au))

## 5. Approval and Review Details

Approval and Review	Details
Approval Authority	Group Director, The MacKillop Institute and MacKillop Education
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