



Concord School Food and Nutrition Policy

Rationale:

- Research indicates an increasing incidence of childhood obesity leading to early onset diabetes and heart disease.
- 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 block of a healthy lifestyle – good food choices, occasional treats and being active
- Nutrition is fundamental to developing an overall sense of wellbeing
- Readiness to learn is enhanced when the learners are well nourished
- There is considerable evidence linking children's nutrition to educational outcomes

Purpose:

- To encourage students to be responsible for their own health
- To ensure students receive clear, consistent messages about the importance of healthy eating
- To actively promote the National Food and Nutrition Guidelines:
 - Eat many different kinds of food each day
 - Eat enough food for growth and activity
 - Mini meals and snacks are okay
 - Drink plenty of water every day
 - Offer treat foods every now and then
 - Take part in regular physical activity
- To be sensitive to family and cultural issues

Strategies:

- Classroom programmes will encourage students to take responsibility for own health
- Staff members will be encouraged to model and promote healthy eating behaviours
- Promote foods that are low in fat, sugar, and salt

- Where possible, foods available for school fundraising, at school camps, festivals and sports days will be consistent with this policy
- Healthy snacks (fruit and vegetables) will be encouraged for 'Feed and Read'
- 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 'in special events' e.g. school disco
- Milk to all students is provided by the Fonterra 'Milk in Schools' programme
- Physical activity is recognized as a vital partner to good nutrition practices and as such will be actively promoted within the school community
- Packaged food is discouraged in lunch boxes and information about alternatives is regularly provided to students and their families
- Regular healthy eating tips will be broadcast to the local community through a variety of mediums
- We are part of the 'Free Healthy School Lunches' programme. School staff will encourage all children to eat these daily meals

Effectiveness Review:

This policy will be reviewed triennially by the Board of Trustees or as required due to unforeseen circumstances or any genuine reasons for concerns.

Signed:.....
(Principal)

Date:

Signed:.....
(Board Presiding Member)

Date: