



# Narrogin Senior High School Healthy Food and Drink Guidelines

## OUR VISION

At Narrogin Senior High School we believe that knowledge and good habits about healthy eating are integral to life-long health and wellbeing of our students. We aim to provide a safe and supportive environment for the school community and endeavour to engage the whole-school community in our health plan initiatives. We are committed to providing healthy eating habits and necessary related intervention across all year levels.

## OUR COMMITMENT

Our Healthy Food and Drink Guidelines are consistent with the Department of Education's Healthy Food and Drink Policy.

Our guidelines have been developed in consultation with staff, students, parents and community members to address nutrition across the NSHS community.

## CURRICULUM

- Classroom programs in Home Economics and Health & Physical Education focus on skill development and develop students' knowledge and understanding, attitudes and values to promote healthy eating.
- Learning is extended from the classroom to promote parent support of healthy eating (guest speakers, newsletter articles, open forums)

## ETHOS AND ENVIRONMENT

- The school provides a Breakfast Club where students are able to eat a healthy breakfast before attending school as well as supporting students to develop good habits in relation to healthy eating.
- Healthy Food and Drink Guidelines are reviewed every two years in consultation with administration, teaching staff and school community.

## PARENTS AND COMMUNITY

- Healthy eating information and strategies for parents and families to reinforce healthy eating practices are provided on a regular basis through a variety of methods such as the school newsletter and library displays and promoted through the school canteen and school nurse through special days such as Fruit and Veg Week.
- The P&C operates and manages the school canteen five days a week and supports healthy eating by students in accordance with the "traffic light" system and the Australian Guide to Healthy Eating (as per the Department of Education's Healthy Food and Drink Policy)
- Healthy Food and Drink Guidelines to be distributed to new and existing staff. Guidelines will be available on the school website for interested parents and community members.
- A forum held at least once a year incorporating healthy eating habits, drug education, road safety and resiliency, involving the parents, community groups and external facilitators.

#### SCHOOL HEALTH COMMITTEE

- The school's CHAT (Changing Health, Acting Together) Committee discusses and implements health initiatives in the school through regular meetings, events and promotions. The committee consists of members from the school community including the school nurse, Health & Physical Education and Home Economics staff, members of the Student Services and Leadership Teams, local SDERA (School Drug Education and Road Aware) consultant as well as other staff with an interest in the health and wellbeing of students.
- Students have been consulted through a variety of surveys and forums to ascertain their needs in terms of health education and this information is used to drive health initiatives in the school.