



NARROGIN SENIOR HIGH SCHOOL

Healthy Food and Drink Guidelines

PURPOSE

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 promote healthy eating habits and provide healthy options.

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, Science and Health & Physical Education 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). Utilise whole school events and communications to promote healthy eating.

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 whole 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.
- At all school functions, events and activities healthy eating options (Green and Amber food only) are provided.
- 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 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 will be held at least once a year incorporating healthy eating habits, involving the parents, community groups and external facilitators.

SCHOOL EVENTS AND EXTRA CURRICULA ACTIVITIES

- Healthy Food and Drink Guidelines are followed at all school events and activities.
- No Red foods or drinks will be available at school events and activities.

REWARDS

- Any consumable student rewards are Green or Amber foods and drinks only.
- Once a term a whole school reward can include Red foods or drinks.

RED FOODS AND DRINKS BROUGHT TO SCHOOL

- Will be confiscated and held in the front office, or staff office. The items can be collected from the student or parent at the end of the school day.