

Rockingham Montessori School

HEALTHY EATING POLICY

Policy Statement

Our school encourages through its practice the consumption and awareness of healthy foods.

Objectives

- To educate children about healthy eating
- To implement classroom practices that support healthy eating
- To provide parents with healthy eating information

Strategies

Our Staff give a commitment to promote healthy eating through classroom education of our children and the education of parents through discussion and specific parent information.

Breakfast

Research has shown the importance of children eating a nutritious breakfast before school and we encourage all families to do so.

Snacks and Lunches

Children need to bring their lunches in reusable washable containers that the child can *easily open themselves*. This promotes independence.

Any packaging needs to be either recyclable or safe for disposal. This gives our children the opportunity to learn about recycling and care of the environment.

Snack

Cycle1 (3-6)

We encourage all families to send a serving of fruit or vegetables in a named paper bag for their child's snack.

This prevents children from eating all of their lunch at snack time and gives everyone the chance to have snack in the time available.

Cycle 2&3 (6-12)

Children in this age group are capable of limiting their snack intake and saving most of their food for lunch. We still encourage all families to send a serving of fruit or vegetables for snack time.

Lunch

We encourage all families to provide a healthy lunch. Some suggestions are:

- fruit
- natural foods low in sugars
- foods high in protein content, eggs, cheese, meats, fish, nuts, yoghurt and bread
- healthy grain snack bars (low in sugar) are acceptable

We discourage families from sending

- any food containing chocolate
- any foods containing high concentrations of sugar, salt and fats eg: lollies, fruit roll-ups, potato chips etc
- take away lunches
- boxed drinks

We also encourage all children to participate in the making of their own lunches.

Children with allergies

A number of children in our School Community have severe allergic reactions to some types of foods. Care needs to be exercised in the provision of foods for children in these classes. Our Directors will inform families should caution need to be taken in your child's class.

Research has demonstrated that some additives affect children's behaviour. Some websites can keep you up to date with this information. One such site is www.additealert.com.au then go to search additives.

Cups and water bottles

Children in all classes require their own ceramic cup and will have fresh water provided for them throughout the day. Children in Cycle 1 (3-6) do not need to bring water bottles.

Cycle 2 & 3 (6-12) children need to bring a water bottle for sport as their sport sessions are much longer.

Birthday Celebrations

Families are welcome to provide a fruit platter for all birthday celebrations to be held during class.

Special Cultural and other Celebrations (eg: Easter)

During the year our classes may participate in a wide variety of celebrations from different cultures. As part of these activities children may be involved in the making and consumption of different foods. Celebrations such as Easter have a significant focus on the consumption of chocolate. Consumption of chocolate will be allowed, in moderation, at such times under the direction and supervision of the class director and according to individual family requests.

Inappropriate foods

To support healthy eating your child's director may send an item of inappropriate food home with a note

In addition our Principal will contact the family to explain the importance of compliance with our school's Healthy Eating Policy.

By following this policy you support your child's social development because your child may feel uncomfortable if they have inappropriate food.