Rationale
Staff have observed many sugary treats and convenience foods filling students’ lunchboxes. Many students were also coming to school and demonstrating inattentiveness in class due to a lack of breakfast. As a result, the need for a nutrition policy arose in order to encourage students in a “healthy body, healthy mind’ approach to life.

Policy Statement
Our goal is to improve student nutrition through educational programs and initiatives and promote a healthy lifestyle in our School environment.

Audience and Applicability
Kendall Public School Community

Implementation
- Introduce Crunch and Sip into students’ daily routines
- Each class will stop for Crunch and Sip break in the morning session to encourage the consumption of fresh fruit and vegetables.
- Teachers will model healthy eating behaviours throughout the day by eating healthy meals and drinking water in class and at breaks.
- Teach students the importance of including fruit and vegetables in their daily diet through Health lessons with links to the PDHPE syllabus.
- Students will be made aware of allowed and not allowed foods for consumption during the Crunch and Sip period each day through letters to parents.
- Students will be provided with healthy food options at the Breakfast Club each morning before school.
- Students will not be allowed to snack at school unless it is as part of Breakfast Club.
**Supportive Environment**

- Parents will be provided with newsletter snippets promoting healthy food choices and an active lifestyle.
- Students will grow fruit and vegetables in the school garden to encourage healthy eating.
- The Local Health Consultant will be invited to speak to parents at Kindergarten orientation about Healthy Lunchbox choices.
- The school will hold healthy food cooking days.
- The school will participate in healthy food and active lifestyle initiatives such as *Jump Rope for Heart, Q4 H2O*.
- Students will be praised for bringing healthy foods to school.

**Future Directions**

- Consider adopting the *Fresh Tastes Canteen* Program.
- Communicating with Parents and Community members to gain support for the *Fresh Tastes Canteen* Program.
- Develop a school scope and sequence of Health and Nutrition units of work.

Review Date: May 2014.