



UPPER STURT PRIMARY SCHOOL POLICIES

Healthy Eating

Purpose: Upper Sturt Primary School seeks to promote and model a whole school approach to healthy eating. We believe we have a responsibility to provide opportunities to offer food and drink that is wholesome, natural and inclusive.

We believe it is important to celebrate special times and enjoy our cultural social traditions of sharing food and drink. We seek to do this in a way that acknowledges awareness of allergies and specific dietary needs.

Whether it is birthday celebrations, achievements, special day celebrations, food will be fruit or vegetable based eg – platters and salads or a dairy, egg free, gluten free flour cake called Crazy Cake can be found at <http://www.readionz.co.nz/collections/recipes/alison-holsts-crazy-cake>

It is recommended that parents consult with teachers to ensure the time is appropriate, so that we avoid having a number of food celebrations in one week, particularly around Christmas time.

Operations: to ensure all children enjoy the opportunity to share in celebrations

Roles and Responsibilities:

Leaders	Teachers & SSO	Students	Parents
<ul style="list-style-type: none">• Inform staff, parents and students of the Healthy Eating policy• Ensure policy is followed by staff and school community	<ul style="list-style-type: none">• Promote the Healthy Eating policy• Encourage alternative healthy foods and drinking of water	<ul style="list-style-type: none">• Understand the need for such a policy	<ul style="list-style-type: none">• Consult with staff re healthy food ideas for special celebrations