

The development of good eating habits is fundamental to a student's health.

As a staff we:

- encourage students to eat healthy and nutritious food
- reinforce the principles of good nutrition
- ensure that school lunches offered are nutritious and healthy
- encourage students to eat their lunch
- foster sensitivity and appreciation towards food from different cultures

Guidelines and procedures

Social Sciences, Health and Physical Education curriculum programmes will include the development of good eating habits and knowledge of nutritious foods.

All school programmes will be sensitive to the cultural practices of groups in the community.

The school may offer healthy lunches for purchase once a week. Lunch monitors can assist parents as required.

Preference is always given to healthy externally provided lunch options.

School staff will liaise with the Public Health Nurse, and other appropriate resource personnel, to assist in the healthy eating / nutrition programme.