

# GREEN BAY SCHOOL POLICIES

## NAG 5 Health & Safety

### 5.15 Healthy Foods and Lifestyle

#### RATIONALE

The school, as part of its obligations to promote a safe physical environment, sees the importance of promoting a healthy food regime through its provision of food on site and on outdoor trips. It recognises that there are benefits to the health and well-being of students to adopt procedures that will promote good health.

#### POLICY STATEMENT

To encourage students to develop habits of a healthy diet, the school will ensure, as far as it is practicable, that foods provided in the school canteen and on school trips where it is supplying meals will give required nutrient intake while also giving a balance of recommended food types. It is also this school's policy to provide a range of recreational and sporting opportunities and to encourage all staff and students to participate.

#### POLICY GUIDELINES

- The school will have as part of its health programme a component on dietary intake, the value of good nutrition and of recreational activities.
- Foods served are to be in line with the Heart Foundation's recommendations and may be provided in smaller portion sizes and/or on limited days.
- The school will have a Health and Safety team part of whose role is to oversee the choices of stock for sale at the lunch room.
- As part of the process for school trip planning there must be a section in the application for approval on provision of meals for students. Such provision should be in line with this policy.
- The school discourages the consuming of high sugar content drinks and will not provide these through the lunch room.
- The school will encourage families who provide lunches for their children to follow good diet recommendations.
- There will be adequate provision of receptacles for rubbish disposal, alongside our Enviro School's intent to reduce and recycle.
- Literature on healthy diet will be available in the school library.
- The Health and Safety team will report to the principal and board on recommendations for lunch room sales and on all aspects of student meal and drink provision in the school.
- As part of the staff recruitment process all prospective teachers will be encouraged to fully participate in the wider life of the school by promoting recreational and sporting activities and by taking sports teams etc.
- All students will be provided with opportunities to take part in summer and winter sports and recreational programmes.

Signed: \_\_\_\_\_  
Principal

Signed: \_\_\_\_\_  
Chairperson