

FOOD & NUTRITION POLICY

Rationale

Westlake Girls High School recognises that it is our responsibility to provide a healthy and safe environment for staff and students. We acknowledge that healthy eating patterns are essential for students to achieve their full academic potential, physical and mental growth and lay down the foundation for life-long health.

Purpose (long term goals)

- To establish and ensure the maintenance of food hygiene and healthy eating practices
- To develop systems that actively promote the New Zealand Food and Nutrition guidelines
- To apply methods to ensure nutrition messages are consistent across the school
- To establish practices that reflect Kaitiaki Taiao (show respect for our environment)

Strategies

- Students will be encouraged to take responsibility for their own hauora (wellbeing) through classroom programmes (Food Technology, Science, Health and Physical education)
- Food sold or served on the school grounds, school sports or social events meet the standards of the Food and Nutrition guidelines (canteen, fundraising, school festivals, vending machines or catering for the staff)
- Appropriate food safety practices will be implemented in the preparation, packaging, service and storage of food provided on the school premises
- All food is prepared in a smoke free environment
- Steps will be taken to discourage the consumption of foods high in fat, salt and sugar
- The canteen operators remain open to listening to all stakeholders
- The canteen menu will take into account the wide cultural diversity of the school and its community
- Staff are encouraged to model healthy eating habits (via rewards, shared lunches)

Date (policy effective from)

10 February 2015

Review Date

February 2018

Signature

