

Healthy Eating Guidelines

These guidelines were drawn up after a consultative process involving the Parents' Association, the students and staff members throughout the school year 2009-10. They were distributed to all families in September 2010.

- Sacred Heart National School through these guidelines, aims to help all those involved in our school community, children, staff and parents, in promoting a positive and responsible attitude to eating healthily and recognising the important contribution that good food makes to health.
- Nutrition: What people eat is known to be one of the key factors influencing the health of school children and also the staff who work in schools. The taught curriculum provides an opportunity to teach about food and healthy lifestyles.
- A healthy lunchbox includes a piece of food from each of the first four shelves of the food pyramid.
- Friday is our "Treat Day". On this day we can include one piece of food from the top shelf of the food pyramid.
- Cans and glasses are not permitted for safety and litter reasons. Healthier choices of drink include water (plain/tap water is ideal), milk and unsweetened juice.
- Some of the healthy snacks that we encourage for the small break include plain popcorn, fruit, flapjacks, yogurt and crackers.
- All classes will receive lessons on healthy eating.
- Teachers will provide positive modelling and supportive attitudes to encourage healthy eating.
- Our Healthy Eating Guidelines will be reviewed on a yearly basis.