



GLENROY WEST PRIMARY SCHOOL 4809 NUDE FOOD POLICY

INSPIRE GROW ACHIEVE

Underlying Assumptions, Philosophy and Rationale:

We believe that *we are a community of learners where ecological and sustainable values are embedded in all programs and practices*. This is our vision for sustainability. Therefore we believe that:

- the natural world has value in itself and not merely for its use by humans
- we are part of the interconnected community of creation, inter-related with all other creatures
- ecological education provides the background for wise and moral decisions.

Purpose/Aims:

Through the application of this policy we aim to:

- provide a learning environment that emphasises life-long attitudes and practices within the community that promotes healthy living and an active lifestyle
- provide practice in decision making that enables living a life that is ecologically sustainable
- incorporate sustainability into educational and management practices
- provide opportunities for our children to actively be involved in working towards sustainability in our school and the wider community.

Guidelines:

The Principal will:

- ensure that all staff, children and families are aware of the Nude Food Policy
- make a copy of the policy available to the school community.

All children will:

- support Nude Food with emphasis on healthy food and less packaging
- bring a healthy snack for Brain Food each day
- eat in the classroom and take home any waste products
- be actively involved in the development of the school's garden programs
- have water bottles in classrooms for regular hydration
- support healthy food and drinks at class celebrations
- be involved in daily fitness to support their learning
- be involved in the school's *Environment Plan* where their class will be responsible for various environmental activities

All Staff members will:

- promote the underlying assumptions, philosophy and rationale above
- integrate sustainability practices into the Australian Curriculum
- continue to encourage Nude Food with an emphasis on healthy food and less packaging
- encourage children to have a healthy snack for Brain Food during their morning learning
- encourage children to bring drink bottles with water only and to sip these throughout the day for regular hydration
- provide supervision while children eat their recess and lunch and encourage these times as a social event for talking with each other
- ensure children take home their waste products for disposal where practicable
- encourage school and class celebrations with a focus on healthy food, the reduction of waste and doing interesting activities. Food for these events will be provided in many different ways including children making slices, cutting up fruit, etc. or providing ice blocks, sharing pizza.
- promote special excursions or games as an alternative to food for class celebrations
- promote daily fitness as important in supporting children's learning
- have classes responsible for various environmental activities e.g. paper recycling

Parents/Carers will:

- support the Nude Food Policy
- provide children with a healthy snack for Brain
- encourage Nude Food with an emphasis on healthy food and less packaging
- provide children with healthy food for recess and lunch packed in reusable lunch boxes and containers where practicable
- encourage healthy food and drink for class/school celebrations where practicable

Implementation:

All staff, parents, carers and children will be made aware of and have access to the policy via the school newsletter and website.

Evaluation:

This policy will be reviewed as part of the school's three year review process.
This policy was ratified by School Council 23 March 2015
The policy will be next reviewed in 2018