



1. Rationale

The rationale says why the policy is needed and why it is relevant to your school.

Being well-nourished is an essential first step towards a learners' readiness and ability to learn. Healthy eating patterns can improve a learner's physical development and mental growth, allowing them to reach their full academic potential.

2. The policy

The policy is the detail of what the school wants to achieve.

(Insert name of school) _____ will:

Environment:

- Offer or sell only healthy, reasonably priced and culturally appropriate food choices at our school for fundraising, in the tuck-shop or school events (see Healthy tuck-shop guidelines at www.vitalityschools.co.za).
- Make sure 80 percent of the items available in the tuck-shop are healthy, nutrient dense foods, which are placed in the front of the tuck-shop (see Healthy tuck-shop guidelines at www.vitalityschools.co.za).
- Develop and execute a water promotion plan that makes water freely available and accessible throughout our school day.
- Make sure all learners will have access to a daily milk programme (see Healthy tuck-shop guidelines at www.vitalityschools.co.za).
- Provide packed lunches which include a variety of the food groups, including nutrient-dense foods and low-sugar drinks for our school events, outings or functions.

- Provide an allergy-safe environment, including clearly communicated processes to identify and support learners with allergies, restrictions on allergy-inducing foods brought into the school, and adults trained to respond to allergic reactions.
- Have safe and sanitary food practices with enough time to wash hands before lunch, and hand washing facilities in good repair and stocked with supplies.
- Make sure all learners have enough time to eat with at least 20 minutes for lunch from the time seated, and that learners are supervised during meal times.
- Make sure the lunch area is clean, safe, and pleasant (ie, the physical structure is in good repair; there is enough seating with undamaged chairs and tables; prevention of excessive noise levels; smells are not offensive).

Staff:

- Encourage all school staff to role model healthy eating behaviours and avoid eating 'undesirable' foods in the presence of learners.
- Encourage staff to have enough nutrition knowledge to help them teach healthy eating in the classroom. All teachers will participate in continuing education on nutrition every two years.

Education:

- Never use food as a reward or withhold as a punishment.
- Reinforce and support the healthy eating education that is taught in the classroom.
- Promote strategies to involve learners, families and the community in healthy eating.
- All school newsletters will include a nutrition tip for school community members.

3. Scope of the nutrition policy

The scope specifies what settings in the school are affected (eg, classroom, tuck-shop, special events, etc) and who it applies to (eg, teachers, volunteers) or any restrictions.

The nutrition policy extends to all areas in the school where food and drinks are being sold or are available, including:

- The classrooms (eg, food experiences, food sampling, celebrations, teaching tools/rewards).
- The broader school setting (eg, vending machines, milk programme, fundraising, tuck-shop, staff room).
- School community functions (eg, recreation activities, parent-teacher nights, school open house events, school council events).

The nutrition policy reflects the importance of positive role modelling and applies to:

- Learners and learner organisations
- School staff
- School council
- School volunteers
- Providers of learner nutrition programmes.

4. Monitoring and review

The policy is monitored annually by the School Nutrition Policy Committee, principal and school council. It is reviewed and, if necessary, revised every two years.

Signed: _____ **Principal**

Date: _____