



St Patrick's Catholic School

Health & Wellbeing Policy – Fruit & Vegetable Consumption



Date	2010
Version No	0
Responsible Person	Rodney Linhart
Approved By	Rodney Linhart
Review Date	2014
Related Documents	



Health and Wellbeing Policy – Healthy Eating

VALUES

Health and wellbeing, Responsibility

REFLECTIVE MATERIAL

Move Well, Eat Well - Department of Education, Department of Health and Human Services

PURPOSE

Healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. School communities can help students develop healthy habits to live, learn, grow and play.

St Patrick's Catholic School is committed to ensuring our students, staff and wider school community are educated on the benefits, simplicity and how to of making healthy lifestyle choices. These choices include eating a balanced diet rich in fresh fruit and vegetables, participating in physical activity each day and drinking water regularly.

Students and staff are encouraged to eat fruit and vegetables everyday. This will aid students and staff in keeping healthy and being energetic and active. Fruit and vegetables are excellent sources of vitamins, minerals and fibre required for healthy bones, teeth, skin, eyes and digestion. They can protect against overweight and obesity, heart disease, type 2 diabetes and some cancers.

POLICY

Students and staff are actively encouraged to eat fruit and vegetables everyday. In order to facilitate this St Patrick's Catholic School will:

- Have a 'Fresh Fruit and Veg Break' at approximately 10:00 everyday where students and teachers take time to eat fresh fruit or vegetables only
- Encourage parents to pack, and students to bring, healthy lunchboxes to school that contain fresh fruit and vegetables rather than sweets and packaged foods (occasional foods).



- Examples of healthy lunchbox options will be displayed around the school and advertised in the newsletter
- At the beginning of each school year parents will receive a 'Healthy Lunchbox' information booklet

- Provide fresh fruit and vegetables at school sporting events, discos, fairs etc – where possible for students to enjoy
- Maintain the St Patrick's Catholic School Kitchen Garden and encourage and provide resources for teachers to use the Kitchen Garden to plant, grow, maintain, pick, cook, eat and educate students on the benefits of fruit, vegetables and growing your own produce
- Educate and adequately advise members of the St Patrick's Catholic School community about the principles contained within our Fruit and Vegetable Consumption Policy and of the facts, research and information that underpins the principles of our Fruit and Vegetable Consumption Policy

CONSEQUENCES

As a consequence of this policy and its active implementation members of the St Patrick's Catholic School community will more regularly consume fruit and vegetables on a daily basis and become healthy and active persons throughout their lives.

Ratified: October 12, 2010
