



### **Nutrition Policy:**

Tambelin aims to promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink. Health and wellbeing of students is relevant to their learning and is important to our school. Tambelin supports the notion that the present and future health of students can be enhanced by quality learning and positive experiences at school.

- Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students (based on the Australian dietary guidelines for children [www.eatforhealth.com.au](http://www.eatforhealth.com.au) )
- The teaching of nutrition education is part of the Physical Development, Health and Physical Education (PDHPE) key learning areas and is mandatory for all students from Kindergarten to Year 6. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible. This includes off site school activities such as excursions, camps and school functions.
- School activities that involve the provision of food will address the requirements of the anaphylaxis Guidelines for school (2<sup>nd</sup> Edition 2006) & Current school policy 16.12.
- The school will provide current nutritional information and information relating to suitable and relevant physical initiatives in the local community to families via newsletters, parent meetings, email, and information sessions.
- The school endeavours to sustain Live Life Well @ School Desirable Practices initiated in 2014.