

15. SCHOOL NUTRITION

Rationale

Reinforce the importance of sound nutritional practices in ensuring the well-being of all our students. All students should be encouraged to live healthy lifestyles, think critically about food and nutrition and engage in appropriate nutritional practices. Sound nutrition practices impact on total wellbeing, taha tinana or physical wellbeing of an individual. Physical wellbeing is inter-related to emotional mental wellbeing (taha hinengaro), social wellbeing (taha whanau) and spiritual wellbeing (taha wairua). Promoting healthy nutritional practices impacts on total wellbeing.

Guidelines

1. To develop understanding and practices about choosing food for health and wellbeing.
2. To develop a school environment that supports healthy food choices and is culturally inclusive.
3. To increase knowledge of the inter-relationship between sound nutrition and personal wellbeing.

Procedure

1. Within appropriate curricula areas students will be enabled to make informed decisions about food and the choices that will contribute to their well-being through the provision of learning opportunities to develop knowledge, understanding and practices.
2. The food provided by the canteen will reflect the Ministry of Health Food and Nutrition guidelines.
3. Events requiring the provision of food will endeavour to follow the Ministry of Health Food and Nutrition guidelines.

Ratified by Board of Trustees

12th March 2020