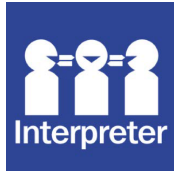




Healthy Eating Policy



Help for non-English speakers

If you need help to understand the information in this policy please contact the school office on 9569 5820

PURPOSE

Healthy nutritional habits are essential to the growth and development of children.

AIMS

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

IMPLEMENTATION:

- The school follows all guidelines from DET to meet benchmarks for the health priority areas using “Victorian Healthy Eating Enterprise,” found at <https://www.health.vic.gov.au/preventive-health/the-victorian-healthy-eating-enterprise> published by the Department of Health and at <https://www2.education.vic.gov.au/pal-search?q=Healthy+Eating&page=1>
- Learning Activities relating to healthy foods and healthy eating will form part of each student’s annual Health & Physical Education Curriculum from Victorian Curriculum
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods
- The principal will ensure that a supply of drinkable water is available at the school at all times
- Staff members will be encouraged to model healthy eating habits whilst at school
- Students will have access to their own water bottles during class lessons
- Students will participate in “Brain Food” eating each day at 10:00am and at 12:30pm (optional), where students will eat fresh fruit or vegetables. Class teachers are asked to encourage that students eat these types of appropriate healthy foods during Brain Food times and that snack junk foods will be discouraged.
- Where possible, fund raising activities will focus on the promotion of healthy foods
- Staff are to inform the Student Wellbeing Leader and/or principal of students who frequently appear to be provided with inadequate lunches
- When celebrating a student’s birthday, teachers will seek assistance from parents to promote healthy eating, by providing one small treat for each child. See your teacher for ideas.
- Any foods to be shared in class by students, must be individually packaged and follow the guidelines of current COVID -19 Operations.

FURTHER REFERENCES:

[HTTPS://WWW2.EDUCATION.VIC.GOV.AU/PAL/CANTEENS-AND-HEALTHY-EATING/POLICY](https://www2.education.vic.gov.au/pal/canteens-and-healthy-eating/policy)

[HTTPS://WWW.EDUCATION.VIC.GOV.AU/DOCUMENTS/SCHOOL/PRINCIPALS/MANAGEMENT/GFYPOLICY.PDF](https://www.education.vic.gov.au/Documents/School/Principals/Management/GFYPOLICY.PDF)

REVIEW CYCLE

POLICY REVIEW AND APPROVAL

Policy last reviewed	October 2022
Consultation	Consulted with School Council October 2022
Approved by	Principal
Next scheduled review date	October 2026

Appendix A

Malvern Valley Primary School Uniform List

Winter: All Grades

- Red long sleeve Polo with school logo
- Grey pants
- Red polar fleece vest
- Bomber jacket with school logo
- Red MVPS Sport / Rain Jacket
- Grey tunic
- Grey tights/socks
- 100% black school shoes

Summer: All Grades

- Red short sleeve polo with school logo
- Grey shorts
- Red polar fleece vest
- Bomber jacket with school logo
- Red MVPS Sport / Rain Jacket
- Red check gingham dress
- Red SunSmart hat
- Grey socks
- 100% Black school shoes

Sports: Grades 3 - 6: Permissible only on Physical Education days and days nominated by class teachers)

- Red sports shorts, skort or red tracksuit pants
- MVPS Sports Polo Shirt
- Red MVPS Sport / Rain Jacket
- White socks
- Runners

Accessories

- Red, black, white or grey hair bands and ties
- Red school bag with school logo
- Art smock
- House Colour T-shirt/accessories

Grade 6

- Grade 6 Garment



Appendix B

INFORMATION

Abbotsford Ave,
Malvern East VIC 3145
03} 9569 5820
www.mvps.vic.edu.au

UNIFORM NON-COMPLIANCE

Dear Parent(s),

Malvern Valley Primary School's Dress Code Policy forms an integral part of the school's operation. There are many reasons for its implementation, such as the health and safety and equality of students and minimising the expense imposed upon parents.

It has been noted that xxx is currently not complying with the school's dress code as outlined in the Dress Code Policy. Specifically, he/she is often wearing a non-school uniform jacket/jumper.

Uniform items can be purchased online or in person from Surrey Clothing, or for \$5 an item from the school's Second Hand Uniform Shop in the Canteen.

Should there be any reasons which inhibit your child's ability to comply with this aspect of the school's dress code, please place these in writing addressed to the Principal, or organise a time to meet with the Principal to discuss the matter further.

If xxx continues to arrive at school out of uniform, he/she will be asked to change into a spare uniform item for the day, as per our policy.

Kind regards,

(class teacher name and signature)