

**FOOD AND NUTRITION POLICY****OUTCOME STATEMENT**

At Wesley College we promote a healthy lifestyle to our school community as part of our commitment to a safe and inclusive school environment.

SCOPING

Good nutrition is essential for the healthy growth and development of young people. Good nutrition can positively affect student behaviour, learning, concentration, and energy, as well as their physical health. When children eat a nutritious diet, they find it easier to learn. A health food and drink environment helps establish positive behaviours for the future.

The board recognises

- a) the benefits to its students in their health, wellbeing, and development of a healthy diet of healthy dietary habits
- b) its responsibility to promote those benefits

DELEGATIONS

Although ultimate accountability sits with the board, the board delegates responsibility to the principal to ensure that all food and nutrition guidelines are met in line with this policy.

EXPECTATIONS AND LIMITATIONS

1. Ensure that any food or drink provided by/through the school aligns with national food and nutrition guidelines
2. Encourage students to take responsibility for and make good decisions about their own healthy dietary habits, including nutrition education across the curriculum
3. Healthy nutritional behaviour will be modelled by the school's own food and dietary practices including:
 - Offering a variety of healthy foods from the four food groups
 - Food prepared with, or containing, minimal saturated fat, salt (sodium) and added sugar
 - Offer only water and unflavoured milk as cold drink options
4. Encourage staff to model healthy food and drink choices
5. Consider our nutrition messages when deciding on food provided by the school (e.g. student prizes, celebrations, fundraising activities etc.)
6. Consider people's cultural preferences, religious beliefs and special dietary requirements, including gluten-free, vegetarian and vegan options
7. Clear, consistent messages about the benefits and importance of a healthy diet and healthy dietary habits

Resources

Te Whatu Ora | Health New Zealand: [Healthy Active Learning](#)
Ministry of Health | Manatū Hauora: [Healthy Food and Drink Guidance – Schools](#)

The Wesley College School Board approved this Policy August 2024.
This policy will be reviewed on / before the August meeting 2027.

PRESIDING MEMBER

22 August 2024
DATE