

Healthy School

Vision: that students are supported to have a secure, nutritious diet to support learning and play.

Shared Leadership

ENABLERS

- School improvement plan
- Move Well Eat Well policies
- Breakfast club policy
- Staff food champions (principal, vice principal, kitchen garden specialist, canteen manager, school business manager)
- Student food champions (student voice team)
- Links with food rescue organisations
- School canteen accreditation (GOLD)
- Kitchen garden program (24 Carrot)

BARRIERS

- Produce from food rescue organisations is often unpredictable
- Limited links with DoE Child and Student Wellbeing Policy
- Links with food rescue organisations
- School canteen accreditation (GOLD)
- Kitchen garden program (24 Carrot)

Teaching and Learning

ENABLERS

- Staff comfortable delivering HPE curriculum
- Curriculum links to the kitchen garden
- The role of food as a behaviour regulation tool appreciated by staff
- Evident behavioural benefits of kitchen/garden program
- Students encouraged to try new foods

BARRIERS

- Limited links between nutrition curriculum and kitchen garden

School Environment

ENABLERS

- No sponsorship by food companies
- When food is prepared, it is done so by skilled staff
- Space to eat food in a kitchen/garden area
- Pods with food heating facilities
- Mapping done to show where students could be fed a school-wide lunch using current school infrastructure

BARRIERS

- Limited flexibility in school day to adjust/extend lunch time
- In current model, children are sometimes hurried to eat by teachers supervising

Food Provision

ENABLERS

- Well-resourced breakfast program supported by donations (feeding 40-50 students a day)
- GOLD accredited school canteen
- Water policy
- Healthy food served on-site at outside hours school care
- Daily fruit/veggie breaks for all grades
- Non-food rewards for positive behaviours
- Kitchen garden program for grades 3-6.

BARRIERS

- Budget restrictions
- Difficulty engaging families in school food environment
- Food insecurity in school community