



NAG 5: Food at School Procedures

Te Kauwhata Primary School supports and encourages a healthy eating environment and culture in our school, which is in line with our core values of We C.A.R.E.

We value that students possess the knowledge and skills necessary to make healthy food choices. In addition, staff are encouraged to model healthy eating practices.

- School lunches are not available through school. However, in accordance with the Food Act (2014) fundraising activities for specific events, by specific groups within the school, ie. a sausage sizzle, may be held no more than 20 times per year.
- Classrooms and groups of children may cook food as part of classroom learning and studies, and the school gardening programme.
- Education sessions around healthy eating and good nutrition will be a regular part of the Health and PE curriculum. This is reflected in the whole school curriculum plan with links to Project Energize, 5+ a Day and a biannual visit from the Life Education Trust mobile classroom.
- Students are not to bring sugary drinks or sweets to school.
- Everyday foods will be promoted through the following mediums:
 - Newsletters
 - Assemblies
 - Notice boards
 - Classroom displays
 - Education sessions eg. Life Education, Project Energize
- A liaison person/s will be appointed to work with outside health and well-being agencies eg. Project Energize, Sport Waikato
- The following plan is in place for those children who come to school hungry and/ or come to school with no food:
 - The child's teacher can arrange breakfast, by way of toast and spread or cereal, should a child present themselves hungry on arrival at school;
 - If a child does not have sufficient food, or no food, their classroom teacher will issue them with a 'sandwich card' that is then presented to the staff member on duty who will make the child a sandwich at break times.
 - The names of children who received food at school will be recorded and the Deputy Principal or Principal will be advised if there is a concern at the number of times extra food is required.

Te Kauwhata Primary School aims to maintain the Heart Foundation Healthy Heart Award.