



Fruit, Vegetable and Water Policy



Help for non-English speakers

If you need help to understand the information in this policy please contact the school on 9687 1535

Rationale:

Footscray West Primary School supports students to establish healthy eating habits whilst at school, through a designated break, where they can eat fruit or vegetables, and drink water in the classroom.

Aims:

- Increase student awareness of the importance of consuming fruit, vegetables and water;
- Encourage students and staff to consume fruit/vegetables during an allocated Fruit and Vegetable break in the classroom;
- Encourage students, teachers and staff to drink water throughout the day in the classroom and during break times, sports, excursions and camps;
- Encourage parents to provide students with fruit/vegetables for the break.

Implementation:

Teachers will:

- Set a fruit and vegetable break time each day in the morning or afternoon, ideally at 9.50am or 10.40am.
- Encourage students to eat a piece of fruit or vegetable in the classroom during the designated break.
- Encourage students to drink a bottle of water in the classroom throughout the day.

Guidelines for the consumption of fruit, vegetables and water:

Fruit and Vegetables

- Only fresh fruit and vegetables are to be consumed

Water

- Only plain water is to be consumed in the classroom.

Sport

- All students will be encouraged to drink water during PE and sports classes.

Camps and Excursions

- All students will be encouraged to bring an individual water bottle for all camps and excursions.

Occupational Health and Safety

- Water bottles are to be washed regularly;
- Students will be informed of the importance of not sharing their bottles with anyone else.

POLICY REVIEW AND APPROVAL

Policy last reviewed	May 2018
Consultation	Staff and policy and planning sub-committee of school council
Approved by	School Council
Next scheduled review date	2022

