



Healthy Food & Drink Policy

Introduction

Our Goal - Healthy Food Supply & Nutrition Policy of Ocean Reef Senior High School:

Our school promotes safe, healthy eating habits in line with the Health Food & Drink Policy of the Department of Education, Western Australia. We understand that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short Term: maximises growth, development, activity levels and good health.
2. Long Term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning.

Our aim is to have a whole-school approach to continually building a culture and environment where students are more aware of the positive impact of choosing nutritious food and a healthy lifestyle, and staff, parents and students work together to support this policy.

The Healthy Food & Drink Policy has been established after consultation with representative staff, parents and students of the school community.

Our school will endeavour to provide an environment that will have a positive impact on the promoting a healthy lifestyle in our students, staff and parents.

We understand that:

- Health risks of overweight and obese students increase the risk of heart disease, diabetes and sometimes early death.
- Learning and behaviour risks of overweight adolescents can mean lower self esteem, anxiety, depression, physical discomfort and sometimes social discrimination.

Ocean Reef Senior High School is proactive in educating our community to make informed choices and establish good eating habits. Contemporary research highlights a concern regarding the growing obesity problem of the Australian population and in particular young adolescents.

The staff at Ocean Reef Senior High School thank you in advance for your support of this policy.