



Caritas College  
Port Augusta

## Healthy Eating Policy

Caritas College School Board

## Healthy Eating

For the purposes of this policy, healthy eating complies with the principles outlined in the dietary guidelines for children and adolescents in Australia (Appendix A).

### Rationale for a Healthy Eating Policy

Caritas College is committed to a wholistic education where student learning and wellbeing are integral within the school vision. *“Healthy eating is fundamental to good health throughout life for all people. It underpins healthy growth and development, contributes to health and wellbeing, positive mental health and quality of life, and plays a role in preventing disease”* (2004 Department of Education and Childhood Services Healthy Eating Guidelines).

Caritas College believes education has an important role in the health and wellbeing and development of young people. The social environment influences and shapes a healthy mind and body, hence at Caritas developing knowledge, awareness and behaviours in relation to healthy eating is considered to be a responsibility of the school community.

All members of the School Community have responsibilities to ensure the environment is supportive of a student’s growth and development.

### The Role of the School Board is to:

- Be informed of all South Australian Commission for Catholic Schools and Caritas College policies in relation to the health and well-being of students
- Monitor and review the implementation of the policy relating to Healthy Eating
- Be informed of the SACCS Policy.

### Role of the Principal is to:

- Ensure learning programs are provided to support students’ learning regarding food and monitor programs to support learning about food and nutrition
- Ensure the school site complies with food safety legislation as required under The Food Act, 2001
- Monitor, and promote the implementation of the policy and accompanying procedures
- Support staff in implementing the policy with particular reference to the school Canteen and Home Economics
- Ensure staff members receive relevant training in relation to healthy eating and food safety legislation.

**The Role of Families is to:**

- Be familiar with and support the Healthy Eating Policy
- Actively encourage healthy eating.

**The Role of Staff Members is to:**

- Actively implement the Healthy Eating Policy
- Incorporate teaching healthy eating in relevant learning programs
- Model healthy eating within the school community.

**The Role of Students is to:**

- Be aware and follow the Healthy Eating Policy
- Participate in all learning experiences to increase awareness of nutrition and its effects on lifestyle
- Model healthy eating within the school community.

**References**

Australian Dietary Guidelines 2013, National Health and Medical Research Council (NHMRC)  
<http://www.eatforhealth.gov.au/>

Healthy Eating Guidelines, Department of Education and Child Development (DECD) 2004  
<http://www.decd.sa.gov.au/eatwellsa/pages/Teachers/healthyeatingguidelines/?reFlag=1>

Implementation date: January 2008

Reviewed dates: 2009, 2012, 2015

Review: 2018



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