 WYNBERG GIRLS' JUNIOR SCHOOL	DOC REF	GENERAL SCHOOL POLICIES
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SUBJECT	HEALTHY EATING POLICY	

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WYNBERG GIRLS' JUNIOR SCHOOL

HEALTHY EATING POLICY

1. PREAMBLE

At Wynberg Girls' Junior School, we recognise the importance of fostering healthy eating habits amongst our learners to support their physical and cognitive development.

General ideas for parents and vendors

Do not promote	Promote
Processed foods and drinks that do not have nutritional information on the labels.	A healthy, balanced diet by providing a variety of foods that will help meet children's nutritional requirements.
Foods and drinks with added sugar, colourants, preservatives and sweetened with nonnutritive sweeteners.	The regular consumption of fruit and vegetables and makes these foods available as snacks or as part of meals as much as possible.
Foods high in saturated fats and trans fats.	The consumption of plain, clean water and making it readily available.
Foods high in salt (sodium).	Healthier alternatives to popular foods that are of poorer nutritional quality such as pies, sausage rolls, and white bread rolls filled with chips.
Foods and drinks that contain additives such as food colourants, flavourants, sweeteners and preservatives. This will include chips, cold drinks, some cold meats, sausages and cheeses.	Healthier choices at lower prices.

Parents and vendors are further encouraged to consult the Healthy Eating Guide created by the Western Cape Education Department.

2. BREAKFAST

Please ensure that learners have a healthy, balanced breakfast before school.

3. WATER

Learners are requested to bring a clean water bottle to school each day which they can fill up at our water machine. These bottles are kept in class and the children can drink from them regularly. Learners are encouraged to drink more after physical exercise and on hot days.

We believe that access to drinking water:

- Promotes good health and wellbeing amongst learners, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on learners' concentration throughout the day; and
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.

4. SNACKS AND LUNCH

We encourage children to have a snack at both break times to support concentration. All learners are encouraged to eat their sandwiches, wraps, salads and other savoury foods first, leaving treats for last.

Please keep the following items for home:

- Fizzy drinks
- Energy drinks
- Flavoured milk and dessert drinks
- Coffee (Grades 1-7)
- Chocolate bars
- Sweets
- Gum (unless used as a learning aid, in consultation with the class teacher)

Should any of the above be brought to school, we will ask the learner to save it for when they are at home.

Foods that are requested to be limited include:

- Fruit juice
- Biscuits
- Chips/crisps
- Cereal bars
- Fast food

5. VENDORS

Vendors must have healthy and nutritious food options available, and attempt to supply these options at affordable prices.

Please download the Tap Tuck app and meals can be ordered for your child to be delivered to her classroom.

6. TREATS AND SPECIAL OCCASIONS

Birthdays are always a special celebration, and we recognise that treats are a part of that. Healthier options include popcorn, homemade fruit sticks and fruit lollies. At the same time, should you wish to send in cake or other treats, please liaise with your class teacher. We ask that parents do not send party packs but rather 1 item such as a cupcake.

Where appropriate, the class teacher may also allow a treat as part of a packed outing lunch.

7. ALLERGIES AND DIETARY NEEDS

Children with allergies and special dietary needs, e.g., anaphylactic, diabetes or those with other allergies or intolerances should always be considered. Please inform the school office and class teacher of any special dietary requirements. Where necessary,

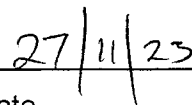
this will be communicated to the parents in the class when providing treats for special occasions, with parental consent.

8. SHARING


We recognise that some children have special dietary requirements or, as a family, have specific approaches to nutrition. As a result, we ask children to not share their lunches at school. Sharing of food will be saved for special occasions such as birthdays and outings.



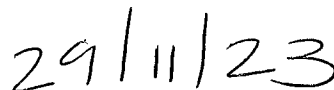
Governing Body Chairperson



Date



Principal



Date