

## Eating Arrangement Procedures

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### AIM:

At Brunswick South West Primary School (BSWPS), our aim is for every child to develop and maintain healthy eating habits, and to promote our Resource Smart school initiative, through encouraging students to:

- eat at regular intervals throughout the school day to promote active learning and raise levels of concentration and engagement in learning during class time
- eat in a supervised and appropriate environment
- feel safe and supported
- to ensure all waste is effectively managed in accordance with the requirements of the school's ResourceSmart program

### RATIONALE:

The school community has made a commitment to BSWPS being a ResourceSmart school which aims to support the practice of 'reduce, reuse, recycle' by minimising waste from food brought to school. We do this by educating the children in managing waste and resources more effectively through initiatives such as: no rubbish bins outside; compost bins in the classrooms and garden; and the promotion of 'nude' food.

The school has adopted an eating-inside arrangement which ensures students can be supported to eat in a clean and safe environment, rubbish is not left in the playground, and to decrease the presence of rodents, such as pigeons and mice, on school grounds.

Throughout the school day, teachers provide opportunities for their students to eat healthy food (brain food) and drink water while in class to ensure they can sustain concentration and engagement during periods of teaching and learning. *If your child is reporting that they are feeling hungry through the day, please speak with his/her teacher who will closely monitor your child's needs throughout the school day.*

## IMPLEMENTATION:

- Students will be encouraged to bring environmentally friendly 'Nude Food' in a lunchbox, free of packaging, to school for lunch and snacks
- Teachers will allow time for their students to eat lunch in a safe, comfortable environment (e.g. classroom, communal space)
- The first supervised eating break will be scheduled for 11am and it would be expected that students would take up to 15 minutes to enjoy their food and dispose of any waste. Other flexible eating opportunities will occur throughout the day
- Supervision of eating will help to ensure that students do not share food from lunchboxes due to the heightened risk of allergic reactions to foods or anaphylaxis issues
- Opportunities for enjoyable social and cultural interactions while eating to develop sound eating habits will be provided, with staff modelling healthy eating habits
- Students will learn about recycling and the importance of having a rubbish free school. We also encourage all children to take any rubbish home in order to promote this.
- Teachers are flexible with eating arrangements according to children's individual needs, age range and in accordance with extra-curricular activities such as intensive swimming programme, excursions/incursions and other specific changes to the regular classroom timetable as deemed necessary.

### **Review of Eating Arrangements**

As with all procedures at the school, we welcome constructive feedback from students, staff and the community. We will continuously review our eating arrangements to ensure that it promotes positive eating habits for our children.