

achievement

program

Primary Schools

Benchmarks for Healthy Eating and Oral Health



Healthy policies

1. A whole-school healthy eating policy is in place.

- a) The policy addresses all aspects of food and drink within the school
- b) Staff, families and students are involved in guiding healthy eating policy and practices.
- c) Staff, families and students are provided with information about policy requirements.
- d) The diversity of the school and the community is considered when developing and implementing this policy.
- e) The policy is cross-referenced with, and complements other relevant policies (e.g. School Canteen and other School Food Services Policy, oral health).
- f) The policy can stand-alone or be incorporated into a whole-school health and wellbeing policy.

2. A whole-school oral health policy is in place.

- a) The policy addresses healthy food and drink, oral hygiene, preventive approaches and access to dental care.
- b) Staff, families and students are involved in guiding oral health policy and practice.
- c) Staff, families and students are provided with information about policy requirements.
- d) The diversity of the school and the community is considered when developing and implementing this policy.
- e) The policy is cross-referenced with, and complements with other relevant policies (e.g. healthy eating, safe environments).
- f) The policy can stand-alone or be incorporated into a whole-school health and wellbeing policy.

3. The school has a staff health and wellbeing policy that supports healthy eating and oral health.

Healthy physical environment

4. The school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines.

- a) Strategies are in place to encourage families to provide lunch boxes, in line with the school's healthy eating policy.
- b) Strategies are in place to encourage fruit and vegetable consumption while at school for all students in all year levels.
- c) Healthy food options are encouraged for staff at meetings, professional learning events and in the staff room.
- d) The school seeks to ensure any sponsorship, advertisements or marketing of food and drinks are consistent with the school's healthy eating policy.

5. School canteen and lunch order menus are assessed by the Healthy Eating Advisory Service (HEAS) to ensure it meets the 'Victorian School Canteens and other School Food Services Policy'.

- a) School food services work towards increasing the availability of 'everyday' foods and limit 'occasional' and 'select carefully' foods and drinks.

6. Safe drinking water is available within the school setting.

- a) Tap water is available indoors and outdoors at all times.
- b) Students have access to only water-filled bottles during class time.
- c) Sweet drinks are not permitted during class time.
- d) These strategies are available to all students at all year levels.

7. Students are encouraged to undertake oral hygiene and safety practices in the school where appropriate.

- a) Students are encouraged to use mouth guards while participating in contact sport to protect against dental injuries.
- b) A place for oral hygiene practices is easily accessed by students when required.

Healthy social environment

8. The school provides a positive eating environment with relaxed, social and enjoyable experiences:

- a) Students are given adequate time to eat their food.
- b) There are suitable and inviting eating spaces available within the school.
- c) Eating spaces encourage the social interaction of students.

9. Food and drink are not used as an incentive or reward at any time.

- a) All staff are encouraged to use sweets and rewards in the classroom.
- b) Other food items and food vouchers are not used as a reward or incentive.

10. Staff and families recognise they are role models and are encouraged to bring foods and drinks that are in line with the school's healthy eating and oral health policies.

- a) Staff and families are encouraged to foster healthy body image and enjoyment of eating.

Learning and skills

11. The learning focus and learning standards relating to healthy eating and oral health are incorporated into the school curriculum plan.

- a) Healthy eating and oral health education is delivered across multiple key learning areas of the curriculum.
- b) The school considers the implications of the use of the curriculum materials, websites and other resources that promote unhealthy food and drink items, and seeks to utilise alternative resources which promote healthy eating and oral health practices.

12. Students have the opportunity to engage in regular food-related activities such as planning and shopping for meals, growing, cooking and eating foods.

- a) Food experiences are culturally appropriate and varied.

13. Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating and oral health across the curriculum.

Engaging young people, staff and families

14. Families, students and staff are key partners in developing and supporting healthy eating and oral health initiatives.

- a) Families and staff are provided with information, ideas and practical strategies on a regular basis to support healthy eating and oral health at school and at home.
- b) Students are consulted about healthy eating and oral health initiatives via junior school council, student action teams or other representative structures.
- c) Families are encouraged to be involved in healthy eating and oral health initiatives at school.
- d) Staff are encouraged to develop competencies to facilitate engagement of families and students from diverse cultural backgrounds.

Community partnerships

15. Staff are encouraged to work with local health professionals, services and other organisations to increase their capacity to deliver and promote healthy eating and oral health initiatives.

- a) Links are established with oral health services to promote access to dental checks and treatment.
- b) Links are established with local health professionals, services and organisations to support healthy eating and oral health initiatives.
- c) The school seeks to work with local businesses or agencies, where possible, to support staff, students and families to promote healthy eating and oral health.
- d) The school provides information to vulnerable families about local food availability as required.