



## Secondary Schools

### Benchmarks for Healthy Eating and Oral Health

#### Healthy policies

##### 1. A whole-school approach to healthy eating and oral health is addressed in policy.

- a) School policy supports healthy eating, the development of food literacy knowledge and skills, and addresses all aspects of food and drink within the school.
- b) School policy addresses healthy food and drink, oral hygiene, preventive approaches to oral health and access to dental care.

#### Healthy physical environment

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

- a) Sponsorship, advertisements or marketing of food and drinks are consistent with the school's healthy eating policy.
- b) Fundraising activities are consistent with the school's healthy eating policy.

##### 3. School food service menus are assessed by the Healthy Together Healthy Eating Advisory Service to meet 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.
- b) Vending machines, breakfast clubs and other school food supplies provide nutritious and healthy food.

##### 4. Tap water is easily accessible within the school setting at all times.

- a) Sweet drinks are not permitted during class time.

##### 5. 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.

#### Healthy social environment

##### 6. The school provides a welcoming eating environment that encourages social interaction.

##### 7. Food and drink are not used as an incentive or a reward at any time.

##### 8. Staff, students and families are encouraged to role-model healthy eating practices and positive leadership, in line with the school's healthy eating and oral health policies.

#### Learning and skills

##### 9. Students are provided with opportunities to shape, develop and apply knowledge and skills that enhance healthy eating and oral health practices.

- a) Students have the opportunity to learn planning, budgeting and cooking skills, and increase their food literacy.
- b) Healthy eating and oral health is incorporated across learning areas of the curriculum and is available across all year levels.

**10. 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**

**11. Families, students and staff are key partners in developing and supporting healthy eating and oral health initiatives, including food literacy.**

- a) Students are encouraged and supported to take a lead in developing healthy eating and oral health initiatives at school or in the local community.
- b) Staff are encouraged to develop competencies to facilitate engagement of families and students from diverse cultural backgrounds.

### **Community partnerships**

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