



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.