



# St Joseph's School

PO Box 19  
WYNDHAM WA 6740

Phone: (08) 9161 1021  
Fax: (08) 9161 1247

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## HEALTHY EATING PROGRAM

### SCHOOL MOTTO:

We are one.

### SCHOOL VISION:

We at St Joseph's are a welcoming and supportive Catholic School Community. We recognise, respect and nurture the gifts in each of us. We are committed to providing quality education which develops the whole person.

### SCHOOL MISSION:

The St Joseph's school community strives to:

- Create and foster hope, acceptance, reconciliation, respect and equality.
- Demonstrate our support through open communication, pastoral care and service to all.
- Welcome and encourage participation in School and Parish life.
- Provide an education that reflects our Catholic Identity.
- Bear witness to Jesus' message by the way we live and relate to each other.
- Ensure that the needs of the whole person are met – spiritually, socially, emotionally, academically and physically.
- Provide a challenging, innovative and comprehensive curriculum that promotes a respect of learning and a positive view of self as a life-long learner.

### BELIEFS AND VALUES

- We will personally do our best to meet the needs of our students.
- We will support all staff and students to be their best.
- We will be honest and positive in dealing with each other.

# **HEALTHY EATING PROGRAM**

## **PHILOSOPHY**

Children learn well when they eat healthy food at regular times. At St Joseph's School, we encourage the students to eat healthy food and we provide them with ample time to eat before they begin play. Healthy eating teaches about nutrition, balanced meals, the five food groups, exercise and hygiene. These concepts will be taught in the classroom and will be reinforced through whole school practice.

## **LUNCH AND RECESS**

Students can order their lunch from the canteen at the beginning of the day or bring in their own lunch from home. If they bring their lunch from home, it can be stored in the fridge in their classroom. The school encourages the canteen to provide healthy food on their menu. If there is a concern with the food on the menu, parents are encouraged to approach the canteen. Any official complaint on the school's behalf needs to be addressed by the Principal.

## **TIMES**

Students eat recess from 10.00am – 10.10 am

Students eat lunch from 12.30 – 12.45pm

(Times may vary between classes according to how long children take to eat)

Students sit down when they eat their food.

Students must finish their lunch or recess before they begin to play.

Students are encouraged to wash their hands before they eat. Rubbish is to be put in the bin.

## **CLASS PROGRAM**

As part of the Health Curriculum, all classes are to focus on healthy eating during first semester and revisit concepts and practices taught throughout the second semester.