

The Catlins Area School

Food and Nutrition

At The Catlins Area School, we promote a healthy lifestyle to our community – students, staff, and families – as part of our commitment to a safe school environment.

Educating students about nutrition and encouraging healthy eating habits contributes to their personal success and well-being, and to a healthier community for everyone.

Promoting healthy food choices

Healthy food choices are important to establish in childhood to support the child's immediate physical and mental growth and development, and to set behaviours for the future. We encourage and educate our students to be responsible for their own health.

We deliver clear and consistent messages about nutrition by:

- ensuring that any food provided by/through school follows national food and nutrition guidelines
- incorporating nutrition education across the curriculum, including the health programme
- communicating our nutrition messages to the wider school community in various ways, including the newsletter
- acknowledging the cultural diversity of our community with our nutrition messages
- considering our nutrition messages when deciding on class rewards and celebrations, and school camp menus
- actively promoting physical activity as the partner of good nutrition.



Resources

- TKI: [Healthy Lifestyles](#)
- Ministry of Education: [Why promote healthy lifestyles?](#)
- Ministry of Health: [Nutrition](#)
- Heart Foundation: [Learn by Heart](#)

Last **scheduled review**

Last **internal review** Term 2, 2016

Topic type Tailored
