



The Catlins Area School

Currently under review

We are reviewing this policy for its content and how well the school implements it. To share your comments and rate its implementation, click the "Start your review" button. This policy's subtopics are also under review if they have a review button.

About the review process ⓘ

[Start your review](#)

Food and Nutrition


At The Catlins Area School, we promote healthy food and nutrition to our students (Education (School Boards) Regulations 2020, reg 20). Educating students about nutrition and encouraging healthy active learning contributes to their personal success and wellbeing, and to a healthier community for everyone. We communicate our nutrition messages to the wider school community clearly and consistently in various ways.

Our school follows food safety guidelines. See [Food Safety](#).

Promoting a healthy food and drink environment

A healthy food and drink environment helps support a young person's wellbeing/hauora, including their immediate physical and mental growth and development. It also helps establish positive behaviours for the future. Good nutrition can positively affect student behaviour, learning, concentration, and energy.

At The Catlins Area School, we:

- ensure that any food or drink provided by/through the school (e.g. in class or sold at school) aligns with national food and nutrition guidelines, such as [Healthy Food and Drink Guidance – Schools](#) 
- incorporate nutrition education across the curriculum, including the health programme
- encourage staff to model healthy food and drink choices
- provide nutrition messages and food that acknowledges the diversity of our community and considers those with special dietary needs (e.g. allergies and intolerances, and religious, cultural, and ethical food requirements)
- consider our nutrition messages when deciding on food provided by the school (e.g. class rewards and celebrations, student prizes, special events, fundraising activities, and school camp menus)
- actively promote physical activity as the partner of good nutrition
- encourage students taking part in physical activity to drink water for hydration and to refuel with healthy snacks.

Students are required to sit and eat their lunch for 15 minutes at the start of lunchtime.

The principal assures the board that the school promotes healthy food and nutrition for all students. See [Review Schedule and Board Assurances](#).

Related topics

- [Food Safety](#)
- [Allergies](#)
- [Inclusive School Culture](#)
- [Supporting Student Wellbeing](#)

Legislation

- [Education \(School Boards\) Regulations 2020](#)

Resources

- [Ministry of Education | Te Tāhuhu o te Mātauranga: Promoting healthy food and nutrition in schools](#) 
- [Te Whatu Ora | Health New Zealand: Healthy Active Learning](#) 
- [Ministry of Health | Manatū Hauora: Healthy Food and Drink Guidance – Schools](#) 

Release history: [Term 4 2024](#), [Term 4 2022](#), [Term 4 2022 – NAGs](#), [Term 4 2020](#)

IN THIS SECTION

[Food Safety](#)

| | |
|-------------|-------------|
| Last review | Term 4 2024 |
| Topic type | Core |