

BRAIN FOOD

POLICY

Rationale:

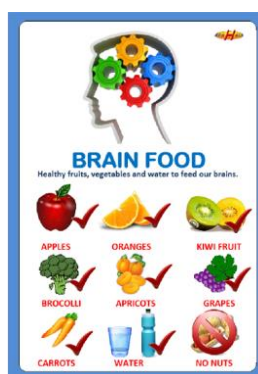
The regular intake of healthy foods and water enable the body and brain to function at peak performance, without the usual highs and lows that typify fluctuating energy levels brought about by irregular eating and drinking

Aims:

- To maximise learning potential for all students by allowing them to graze on healthy foods and water throughout the school day.

Implementation:

- Our brain food program is available to all students in all classrooms throughout the day.
- All students will be invited to participate in the brain food program, but students are not required to be involved.
- The advantages of the brain food program will be regularly detailed in the school newsletter.
- All classrooms will encourage students to bring clearly named plastic water bottles into the room and students will be given unlimited access to water throughout the day. Water bottles must not contain drinks such as cordial or juices or sports drinks – water is the only acceptable brain food drink.
- Students will also be encouraged to bring healthy snacks into the classroom, which they will be encouraged to eat throughout the day. Brain foods must be in clearly named plastic containers, must not require cutting or preparation, must not be messy, must be able to be eaten with fingers.
- All students will be coached in the importance of not sharing foods or water bottles, and of not eating foods brought by somebody else.
- Typical brain foods would include dried apricots, sultanas, carrots, muesli bar pieces, apple slices, strawberries, etc.
- A poster depicting some brain foods options will be displayed in each classroom.



Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council on....

February 2019