

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 snack on healthy foods and water at a designated time as negotiated by the classroom teacher.

Implementation:

- All staff will be provided with basic training regarding the advantages and implementation of a brain food program.
- Our brain food program is available to all students in all classrooms.
- Students will continue to work while having their brain food snack.
- 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 and website.
- All students will be encouraged to bring a clearly named plastic water bottle. In terms one and four students will be able to bring their plastic water bottles into the classroom and 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 at 10am or as negotiated by the classroom teacher.
- Brain foods will not be consumed during specialist class time.
- 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, and must not contain nuts or eggs.
- All students will be coached in the importance of not sharing foods or water bottles, and of not eating foods brought by somebody else.
- Fruit and vegetables are the only acceptable brain foods and would include dried apricots, sultanas, carrots, apple slices, strawberries, etc.

Evaluation:

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

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

Mar 2015