

Review of School Healthy Eating Policy (Example)

Date of review: 18/7/2010

Policy Statement:

Our school is committed to promoting the importance of healthy eating to our students, school personnel, teaching staff, food service staff and parents, on a long-term basis. This is achieved by establishing a healthy eating environment conducive to develop a healthy eating habit and practise the habit in everyday life.

School Administration	Executed	Pending to execute	Need improve	Remarks
<ul style="list-style-type: none"> ➤ To designate at least one staff to set up a committee or group with parents as members to assist the formulation and implementation of healthy eating policy. 	✓			
<ul style="list-style-type: none"> ➤ To inform school personnel, the food service staff, parents and students of the school healthy eating policy and all relevant measures every year. 	✓			Notice (2009 / 09-05)
<ul style="list-style-type: none"> ➤ To review and revise school healthy eating policy and implementation of various measures by means of meetings, questionnaires and face-to-face interviews every year. 	✓			

School Administration	Executed	Pending to execute	Need improvement	Remarks
<p>➤ The school meal arrangement committee to review the policy and draft amendments for consulting other staff and parents by the meal arrangement committee. The revised policy should come into effect upon the principal's approval.</p>	✓			
<p>➤ To ensure that the staff in charge of healthy eating promotion/meal arrangement received adequate support, including manpower, resources as well as time for organising activities and attending related training.</p>	✓			

Other comments regarding school administration:

Meal arrangement	Executed	Pending to execute	Need improve	Remarks
<p>➤ To give priority to children’s nutritional needs, nutritional value of food and hygiene when designing menus and preparing events on special occasions on which food will be supplied (e.g. birthday party). The recommendations in the “Nutrition Guidelines for Children Aged 2 to 6 Years” compiled by the Department of Health will be followed.</p>			✓	<p>In the birthday party held in March/April in the second term, a parent brought a mango cream cake to the pre-primary institution.</p>
<p>➤ To post the school menu, including the ingredients used, on notice boards and website for parents’ reference every month so that they will know what their children are eating at the institution.</p>	✓			
<p>➤ To issue a notice before the beginning of a school year to encourage parents, who tend to bring food from home, to follow the healthy eating policy of the institution and prepare food that is in compliance with the recommendations of the “Nutrition Guidelines for Children Aged 2 to 6 Years.</p>	✓			<p>Notice (2009 / 09-05) The pre-primary institution kept the unhealthy food items and returned them to the children after school. Parents have been notified of the situation through the handbook.</p>

Meal arrangement	Executed	Pending to execute	Need improve	Remarks
<ul style="list-style-type: none"> ➤ To monitor the type, nutritional quality and hygienic condition of food by the meal arrangement committee. In each school year, the committee conducts a review with the food service staff and follows up any areas for improvement. 	✓			
<ul style="list-style-type: none"> ➤ To provide meals at regular time every day in a comfortable environment. Children and school personnel will have enough time to eat. 	✓			
<ul style="list-style-type: none"> ➤ To stop any promotion on unhealthy food at the institution and turn down unhealthy food manufacturers for any sponsorship on school activities. 	✓			
<ul style="list-style-type: none"> ➤ To encourage children to drink plenty of water and provide them with potable drinking water. 	✓			

Other comments regarding meal arrangement:

Some children brought unhealthy snacks to share with others in the birthday party. It was recommended that a notice should be issued to parents beforehand to advise them not to bring any cakes or unhealthy snacks back to school.

Education and publicity	Executed	Pending to execute	Need improvement	Remarks
<ul style="list-style-type: none"> ➤ To organise at least one promotional activity on healthy eating every year, in particular to promote the cooperation among families, school and the community. 	✓			Fruit day (4/2010) Eat vegetables daily (10/2009)
<ul style="list-style-type: none"> ➤ To actively educate parents and school personnel by making reference to credible education materials on nutrition (e.g. materials provided by the Department of Health or relevant academic or professional organisations) so as to foster their understanding and concern for healthy eating every year. 	✓			In the <i>StartSmart Newsletter</i> distributed to parents in October and March, information on healthy lunch and healthy snacks was given.
<ul style="list-style-type: none"> ➤ To incorporate nutrition education in school curriculum and activities to teach children the importance of healthy eating and how to choose food and how to eat in a healthy way. 	✓			
<ul style="list-style-type: none"> ➤ To encourage parents and school personnel to practise healthy eating in their daily life so that they could act as role models for their children / students. 	✓			Notice (2009 / 09-05)

Education and publicity	Executed	Pending to execute	Need improvement	Remarks
➤ To avoid giving food as rewards under all circumstances and promoting any concepts contrary to healthy dietary habits.	✓			Notice (2009 / 09-05)

Other comments regarding education and publicity:

Parent-child activities such as ‘Enjoy fruit photo contest’, ‘I’m a farmer’ were well received by children and parents.

Summary:

The school personnel and parents were very supportive to healthy eating promotion.

The healthy eating activities organised by the institution were well received by children and parents.

Action Items in the Coming Year (2010/11 school year):

Action Items:	Responsible person/group
1) Strengthen the communication with parents and encourage them to comply with the school healthy eating policy.	Meal Arrangement Committee
2) Organise parent-child activities that promote healthy eating	Class teacher