



Apī Te Uki Ou

School Food & Nutrition Policy - CIAG 5

Akakoro'anga (Purpose)

The school aims to promote a healthy living lifestyle amongst students, staff and the community through the establishment of a healthy school food policy modeled upon healthy eating habits, making healthy choices. We strive to develop an attitude whereby students are committed to taking responsibility for their own health.

Te au Kaveinga (Guidelines)

- 1) Te Uki Ou is committed to ensuring healthy eating habits in the school to encourage healthy living and a better lifestyle.
- 2) The school recognises that childhood is a time when attitudes about food and eating behaviours are formed. Once a child begins school, the school environment plays a role in influencing children's food preferences. The links between health and education are well established. Higher levels of educational achievement are associated with better health.
- 3) The school aims to create an environment that promotes consumption of a range of nutritious food and drinks to enhance health, educational outcomes and empower students to make healthy and enjoyable food choices for a lifetime. The school recognizes that schools are ideal settings to educate about healthy food choices and physical activity.
- 4) Children are encouraged to bring a balanced, nutritious lunchbox and only drink water or Nu at school
- 5) Lollies, fizzy drinks and energy drinks will not be permitted at school. Energy drinks will not be permitted under any circumstances. The school recognises that in some circumstances, leniency will need to be applied in consultation with the caregivers and the classroom teacher, particularly for students with additional needs, and/or cultural or religious practices..



Exemptions may be made for:

- Food and drink sold at occasional fetes, fundraisers and school events including off-site events) however, organisers must provide healthier alternatives.
 - Shared food and drinks supplied from home, including birthday cakes
 - curriculum-related cooking and food-technology courses (consider healthier options when making curriculum decisions with regard to cooking and food-technology).
- 6) Where possible, student's awareness of healthy food choices is supported through the school curriculum, aligned with Te Marae Ora (TMO) [Food and Nutrition Policy](#) (Objectives 1,2,3,4) or superseding guidelines issued by TMO.
 - 7) Students and parents are encouraged to minimise packaging in school lunches and all rubbish produced by the school lunches will be returned home for disposal.
 - 8) Should a student have a known food allergy, the school is to be informed in writing at commencement. The school will work with parents and teachers of children with severe allergies to ensure a safe environment in line with best practice, which may lead to temporary or permanent restriction of certain foods, e.g. peanuts, upon advice from the treating physician.



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Date of Last Review:	November 2025	November 2025
Signed:		
	Gina Bamber Chairperson Board of Governors	Liz Cribb Acting Principal Apii Te Uki Ou