



Timaru Christian School Procedures

HS11 - Food and Nutrition

At Timaru Christian School we promote a healthy lifestyle to our community as part of our commitment to a safe school environment and ensuring that we are caring for the bodies God has given us.

In the interest of ensuring our students receive a balanced diet and have the nutrients they need for learning....

- Year 1-8 students will be required to remain seated to eat for the last 15 minutes of lunch time to ensure they are eating enough food.
- Teachers will check students in Years 1-3 have eaten enough food.
- Only water may be drunk during the school day and on school day trips.
- Students will only eat the food provided for them by their parents. They cannot share their food as other students may have allergies and their parents determine what they should be eating.
- Students in Years 1-6 will be offered Milk in Schools 4 days per week and Year 7-8 students can drink it one day per week, in accordance with the Fonterra Milk in Schools Programme.
- All students will be encouraged to eat fruit at the start of the day.
- Lollies, fizzy drinks, chewing gum and sweet treats will not be allowed at school.
- When class rewards involve food, consideration will be given to healthy foods and gluten and dairy-free alternatives will be available. Food treats need to be limited where possible.
- When a parent chooses to provide food for other students, the teacher will check the contents/ingredients to ensure students with food allergies are not put at risk before consuming them.