



## 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 peaks and troughs 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:

- 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 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 and must not be messy.**
- 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:

- \* Fresh fruit and vegetables, chopped into easily handled pieces eg carrot, apple, celery.
- \* Seeds (eg sunflower and pepitas)
- \* Unsalted nuts such as walnuts and almonds
- \* Cheese sticks/cubes
- \* Dried fruit is okay, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)

### Evaluation:

This policy will be reviewed as deemed necessary.

This policy was last ratified by School Council in October 2016