



## MANGAKAHIA AREA SCHOOL TE KURA TAKIWA O MANGAKAHIA

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### NUTRITION

#### LEGISLATION

Education Act (1989)  
National Education Goals (1993)  
National Administration Guidelines (1993)

**Mission** On government initiative to promote Healthy Eating, Healthy Action (2006)

**Memorandum of Understanding** with He Matariki Teen Parent Unit

#### FOCUS

Mangakahia Area School is a Health Promoting School that recognises the importance of healthy eating patterns for students to achieve their full academic, physical and mental growth. It acknowledges that students and staff who follow healthy eating practices will create a foundation for future achievement. The school promotes a lolly-free and fizzy drink-free environment including LEOTC trips.

#### PURPOSE

- To establish and maintain healthy eating practices among students and staff by applying methods to support healthy nutrition, consistent across the entire school.
- To reinforce healthy eating practices across the curriculum: opportunities in physical education and health, also social studies, mathematics, science, and food technology.
- To reserve treats for special occasions eg festivals such as Matariki, Easter, Christmas; excursions involving long travel time; student lunches at the discretion of parents/caregivers; community functions at the discretion of the board of trustees.
- To support the school as an alcohol free environment, very occasional exceptions being after-hours functions (eg in the gymnasium, staffroom, Playcentre), at the board's discretion.

#### GUIDELINES

Take steps to discourage student consumption of foods and drinks high in fat, sugar and salt:

- encourage students to make their own healthy lunches for consumption at school;
- maintain access to a healthy bought-lunch menu through the Titoki Store;
- support a water-only policy by providing filtered water easily accessible to all students;
- teach students to take responsibility for their own health through healthy eating habits;
- encourage staff to model healthy eating habits by avoiding foods high in fat, sugar, salt;
- prepare all food in an hygienic, smoke free environment;
- ensure that food and beverages sold or served on school grounds reflect the aims of the school health programme, except on special occasions where treats are appropriate;
- ensure that people seeking board permission for after-hours functions involving alcohol on school premises (eg community functions) meet liquor law and school security requirements. .

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The above policy was reviewed and mandated by the Board of Trustees on 31 October 2017  
This policy is next to be reviewed during Term 1 2019

Chairman of the Board of Trustees:  (signature)  
Christine Marsh

Date signed off: \_\_\_\_\_