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 highs and lows that typify fluctuating energy levels brought about by irregular eating and drinking.
Definition: Brain Food is fruit or vegetables either fresh or dried.

Aims:
• To maximise learning potential for all students by allowing them to graze on healthy foods and water throughout the school day with teacher discretion.

Implementation:
• Our brain food program is available to all students in all classrooms throughout the day with teacher discretion.
• When students are participating in a specialist program it may be impractical or unsafe to have brain food. On returning to their classroom students will be provided with time to eat brain food.
• All students will be encouraged 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 be encouraged to bring healthy snacks into the classroom, which they will be encouraged to eat throughout the day or at a specific time determined by the teacher. Brain food must be in clearly named plastic containers or bags and not require cutting or preparation.
• Foods must not contain nuts.
• All students will be taught the importance of not sharing foods or water bottles.

Evaluation:
This policy will be reviewed as part of the school’s three-year review cycle.