



Stansbury Primary School

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SCHOOL COMMUNITY INFORMATION SHEET BRAIN FOOD POLICY

At Stansbury PS we have a dedicated 10 minute break every morning for students to eat a healthy snack, get some fresh air and move around. This gives students more energy to learn and helps develop lifelong skills around healthy eating and lifestyles.

Role of Teachers

Staff at Stansbury Primary School will:

- Allow students access to water bottles in their classroom to enable them to have regular sips of water throughout the day.
- Ensure students are seated when they are eating food or drinking water
- Include Healthy Lifestyles programming as part of the Health curriculum.

Role of Parents/Carers

It is expected that students will arrive at school having eaten an appropriate and healthy breakfast. Parents/Carers are asked to support the school's Brain Food Policy and provide children with healthy food options during class time. The food provided for this snack time needs to be separate from what is provided for recess and lunch and should be appropriately stored (e.g. in a separate container). Parents/Carers are also asked to ensure children have a water bottle filled with water only, for use in the classroom, each day.

Appropriate foods are generally unprocessed and ensure a slow release of glucose rather than a quick fix provided by high sugar/fat filled foods. The latter do not sustain the consistent glucose input the brain requires.

Acceptable foods include:

- Fresh fruit and vegetables (oranges & mandarins to be peeled & segmented)
- Fresh Mushrooms
- Dried fruit (e.g. apricots, prunes, raisins and sultanas)
- Rice cakes
- Plain unsalted pop corn
- Seeds (e.g. sunflower, sesame, tahini, linseed and pepitas)
- Chick peas and other legumes
- Cheese sticks/cubes
- Boiled eggs (already shelled)
- Natural Yoghurt
- Sealed fruit cups in natural juice

Please note – no nuts due to students with severe allergies