



ST THOMAS'S
SCHOOL

Healthy Foods and Drinks Policy

St Thomas's School sees the importance of promoting a healthy food and drink environment.

Rationale

We care about the health of our students. Sugary drinks and confectionary are one of the most significant causes of poor oral hygiene and contribute greatly to childhood obesity and Type 2 diabetes.

Guidelines

1. The school discourages the consumption of high-sugar content drinks and/or caffeinated drinks and students are not allowed to bring or consume, sell or swap with other students these drinks while at school.
2. High sugar content and caffeinated drinks may include soft-drinks/fizzy drinks, teas/coffees and energy/sports drinks.
3. The school discourages the consumption of confectionary and students are not allowed to bring or consume confectionary such as sweets, candy or chewing gum while at school.
4. The school will provide drinking fountains for students and allow students access to water during class time.
5. Sports teams will be encouraged to only use water as their source of hydration.
6. The school will encourage families to follow good diet recommendations.

Ratified by Board

Signed A. C.

Date 19/9/2023