



### Radford College – Junior School

## Junior School takes a healthy approach

**Since signing up to Fresh Tastes, Radford College has been making some changes across their Junior School.**

“We have already seen some healthy changes in lunchboxes and more class discussions about nutrition,” said Karen Baker, the School Nurse.

**While Radford College has been focused on improving the options available at the school’s canteen, they have been working on their own healthy food and drink policy to support a long-lasting change to the school’s food and drink culture.**

“We sought feedback from parents about Fresh Tastes via a survey, and also involved staff from the Junior School, the Early Learning Centre (ELC), and the Outside School Hours Care (OSHC) program,” said the Radford Fresh Tastes Action Group.

This approach will assist the College in the development of a policy that is consistent across the College.

“The ELC and the OSHC teams have adopted more healthy options when preparing food for students and they will undertake further training.”

The draft policy includes providing traffic light nutrition training to the broader school community, regular Fresh Tastes newsletter articles, and ongoing promotion of healthy food and drink options at the College.

“Junior School PE teachers have included more classroom sessions on healthy eating and drinking,” the Fresh Tastes team said. “The School Nurse has also been running sessions with Years 3 and 4 on sugar content in common drinks, and with Year 5 about the importance of a healthy breakfast.”

This classroom focus has seen students from Years 3 and 4 bring healthier lunchboxes and the ELC has started offering produce from their impressive vegetable garden to families.

*Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved.*

