

Food at Clairvaux: Nutritious, Safe & Healthy Together

At Clairvaux, we believe that healthy bodies fuel healthy minds. We strive to be as healthy as we can in everything we do. From the lunchbox to the canteen, our goal is to surround students with vibrant, nutritious options that support their growth, learning, and long-term wellbeing.

This guide outlines our daily healthy food guidelines, safety rules, and ordering procedures.

Our Commitment to Healthy Food

We actively champion a healthy eating culture through every facet of school life:

- The Fresh Food Fairy Canteen: Our outsourced canteen strictly adheres to the ***Vic Kids Eat Well guidelines***, focusing entirely on wholesome, fresh, and nutritious meals that give kids the best fuel for the day.
- Health over Sugar: By replacing sugary birthday treats with fun, non-food alternatives and keeping standard drinks to water-only, we ensure our school environment celebrates health every day.
- Community Oversight: Our Clairvaux Connect parent volunteers actively review our food options to ensure we are always aligning with best-practice school and Government nutrition recommendations.

Daily Healthy Lunchbox Guide

To maintain steady energy and focus, we ask families to partner with us by packing nutrient-dense lunches. Please try to keep lunchboxes as healthy as possible:

- Fruit & Vegetable Snack: Small, pre-cut pieces are preferable (especially for younger students) to encourage easy eating.
- First Lunch: Include a whole or half sandwich to provide a solid, healthy foundation for the day.
- Second Lunch: A healthy sandwich/wrap alongside other nutritious snacks.
- Hydration: Drink bottles must be filled with water only (no juices, cordials, or glass bottles, please).

Top Lunchbox Tips:

- Label Everything: Clearly label all lunchboxes, containers, and drink bottles with your child's name.
- Independence: Use containers your child can open and close easily (attached lids are highly recommended). Practice opening them at home!
- Eco-Friendly & Fresh: We prefer rubbish-free lunches. Please use reusable sandwich pockets or wraps rather than cling wrap.
- Don't Forget: Pack a spoon if your child is bringing yoghurt.

Core Safety Rules: No Sharing & Birthdays

To protect children with severe, life-threatening allergies (anaphylaxis) and respect diverse health needs, we strictly enforce these safety rules:

- No Food Sharing: Students are taught never to share or swap food. Please reinforce this at home.
- Non-Food Birthday Celebrations: Food items (such as cupcakes, lollies, or donuts) are not to be supplied for birthdays. If you would like to send something to celebrate, fun non-food items like pencils, bubbles, erasers, or stickers are wonderful alternatives. Our teachers will ensure your child feels incredibly special without relying on sugary treats!

Friday Canteen Lunch Orders

- Fridays Only: Lunch orders are available on Fridays via the School24 website and are delivered during the *second lunch break*.
- Important Packing Note: Because orders arrive at the second break, you will still need to pack a healthy fruit snack and food for the *first lunch break* on Fridays.
- Deadlines: Orders must be placed by 8:00 pm on Thursday (no late orders can be accepted). You can cancel an order up until 8:00 am on Friday if your child is unwell.

Optional "Treat & Icpole Days"

To balance our strong focus on health with occasional school fun, we host special treat or icypole days throughout the year. These days are designed to be entirely optional and strictly by choice for families who wish to participate.

Policy Framework

Our healthy food culture is fully backed by the MACS Health, Safety and Wellbeing Policy, MACS Medical Management Policy, and the *Victorian Achievement Program* health benchmarks. The food guidelines outlined in our parent guide are directly backed by the overarching governance frameworks of Melbourne Archdiocese Catholic Schools (MACS) and Victorian health standards. Specifically, the MACS Health, Safety and Wellbeing Policy mandates that schools eliminate environmental hazards to ensure a safe and healthy learning environment, which gives Clairvaux the authority to enforce our "no food sharing" and "no outside birthday treats" safety rules. Furthermore, the MACS Medical Management Policy explicitly requires strict protocols around the safe handling and consumption of food to protect students with severe, life-threatening allergies. Finally, our commitment to a vibrant, nutritious food culture, including our water-only rule, healthy lunchbox recommendations, and *The Fresh Food Fairy* canteen menu, is directly guided by the Victorian Achievement Program Healthy Eating Benchmarks, which require school food services to align with government nutrition guidelines and foster a consistent, healthy message across the entire community.