



## SANDRINGHAM EAST PRIMARY SCHOOL

### Healthy Eating Policy

#### **Rationale:**

- Healthy nutritional habits are essential to the growth and development of children.

#### **Aims:**

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that foods provided by the school are consistent with a healthy eating philosophy.
- To use a pragmatic approach in attaining full alignment with DET guidelines, and to improve alignment at each review of this policy.

#### **Implementation:**

The school will promote a good selection of nutritious foods, aligned with the DET “*Canteen Operations Policy*” and will as far as practical follow the National Healthy Schools Canteens Guidelines which can be found at:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>

In accordance with the Healthy Canteen Kit, this policy divides food and drink into four categories:

1. **Everyday Category (Green Foods)**

Foods and drinks in this category are consistent with the *Australian Dietary Guidelines for Children and Adolescents in Australia* and are most suitable for school food services.

2. **Select Carefully Category (Amber Foods)**

Foods and drinks in this category contain some valuable nutrients, but may also include unhealthy ingredients.

3. **Occasionally Category (Red Foods)**

Foods and drinks in the Occasionally category are not consistent with the *Dietary Guidelines for Children and Adolescents in Australia*. Use should be limited to no more than twice a term.

4. **Confectionary (Banned Foods)**

*Confectionery is of minimal nutritional value and has sugar as a main ingredient. Common names for confectionery include chocolate, lollies, candy or sweets.*

Further information about the four food groups (including the foods in each) can be found on the DET website:

<http://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>

#### **Healthy eating curriculum**

- Healthy foods and healthy eating will be promoted as part of the curriculum.
- The school will implement programs to raise an awareness of and promote healthy foods and the process of growing these e.g.: local vegetable growing, chicken coop for eggs, cooking programs using fresh produce.

#### **Everyday food and drink provided to students**

- Food provided by the school canteen will align with the DET *“Canteens Operations Policy”*.
- Parents are encouraged to provide their children with an appropriate lunch based on the green and amber food categories described within the *“Schools Canteens and other School Food Services Policy” (part of the National Healthy School Canteens Guidelines)*.
- The school will provide a supervised, orderly environment for students to eat their lunch.
- In situations where students do not have lunch, the school may provide for such an emergency through the canteen or by providing a suitable lunch, such as a sandwich, from supplies kept in the staff room. When this occurs, the person supplying the lunch will ensure any allergies are considered.
- A supply of drinkable water will be available at the school at all times.
- Students will have access to water bottles during class lessons on request.
- Students will be permitted to eat fruit or vegetables at a designated snack time, unless circumstances do not allow e.g. school incursion.

### **Food and drink provided at special occasions**

Special occasions include whole of school activities (such as Hunger Busters and the welcome BBQ) and other smaller-scale activities such as working bees, class parties and birthday celebrations. These activities often raise funds (to improve the school facilities) and/or to assist in providing a fun and secure environment for students and our wider school community – helping to create improved learning outcomes for students.

This policy is designed to achieve a workable balance between the four (sometimes competing) objectives of:

1. Providing healthy food
2. Maximising parent participation (when they provide the food)
3. Raising funds
4. Student enjoyment.

This will be achieved by:

- Providing foods from the different permitted food-groups (green, amber and red) so that students have a choice about what they eat - some parents will be specifically asked to bring healthy food when they provide shared food at special occasions. Relevant information will be distributed through the school newsletter and class representatives each year.
- Implementing DET policy that confectionery should not be provided.
- Limiting the size and scale of the special occasions so that most students participate in less than twelve events each year (an average of three per term) that may include items from the red group.
- Recognising that the Easter lucky ticket is a tradition which currently has the support of school council, and is allowed within the scope of this policy.
- Providing parents with information about healthy food choices for food that will be shared at special occasions – i.e. hunger busters, class parties, etc.

### **Scope of this policy and alignment with other school policies:**

- In order to provide a safe and supportive environment for students at risk of anaphylaxis, the school implements a ‘nut free’ strategy requesting that nuts and food containing nuts (including peanut butter and ‘Nutella’) are not to be brought into the school either via children’s lunches or other occasions when food is supplied at

school. Parents are to be advised of the 'nut free' strategy at the time of their child's enrolment and via reminders through the school newsletter during the year.

- Food allergies and intolerances will be managed as per our Anaphylaxis Policy.
- Fundraising activities (such as a chocolate drive) off school grounds are excluded from the policy.

**Evaluation:**

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

This policy was last ratified by School Council in August 2016.

**References:**

DET "Canteen Operations Policy"

<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/policy/default.htm>

Dietary Guidelines for Children and Adolescents in Australia

[http://www.nhmrc.gov.au/files\\_nhmrc/file/publications/synopses/n34.pdf](http://www.nhmrc.gov.au/files_nhmrc/file/publications/synopses/n34.pdf)

**Other resources:**

Australian Guide to Healthy Eating

<http://www.education.vic.gov.au/school/parents/health/Pages/eating.aspx>

Healthy Canteen Kit –

<http://www.education.vic.gov.au/school/principals/management/Pages/canteendown.aspx>

Better Health –

<https://www.betterhealth.vic.gov.au/health/healthyliving>