

ASHBURY PUBLIC SCHOOL COUNCIL

Healthy Eating Policy

Rationale

Most children attending an education and care setting sit and eat together, either a small snack or a meal. Eating is both a social event and essential for good health. Whilst meal times provide a break from play, they are not a break from learning. Young children are acquiring new skills and learning about the world around them and this includes establishing healthy eating habits. The eating habits formed in early childhood significantly influence our eating habits as adults. Good nutrition underpins children's holistic development. Research on children's brain development shows that good nutrition, health, and exercise are critical to brain development and learning (MCEECDYA, 2011).

Policy Statement

At Ashbury Public School we endeavour to promote and model healthy eating and good nutrition education in school programs and activities relating to or involving food and drink.

Implementation

Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.

School canteens are required to implement the NSW Healthy School Canteen Strategy.

Where school activities involve the provision of food and drink to the wider school community consideration should be given to modelling and promoting healthy eating.

Having a healthy diet helps children stay alert during class, fight off illnesses, and grow into strong, healthy adults. School children get up to half the food they need each day at school, which makes schools an important place for learning healthy eating habits. The following initiatives help promote foods and drinks habits that are part of a healthy diet.

Initiative	Description
Crunch and Sip	Crunch and Sip takes place in every classroom on a daily basis from K-6. It is a time when all children are encouraged to bring in a fresh piece of fruit or vegetable.
Clean Water	Children have access to clean water dispensers in the playground. This encourages children to refill their water bottles, reducing the amount of rubbish as well as encouraging students to drink the healthiest option, water.
Nude Food	Ashbury has adopted a 'nude food' incentive where the children are encouraged to bring food to school without wrappers, reducing the amount of rubbish in our environment and favouring fresh food over pre-packaged options.
Celebrations	Celebrations such as birthdays are an important social occasion and naturally students want to celebrate with their classmates. Parents are encouraged to consider portion size, fresh fruit or alternatives to cake and other high sugar food for celebrations.

Sugary drinks are not sold in NSW Schools.

School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2nd Edition 2006). Due to the life threatening risk of an anaphylactic reaction for a number of students, we ask that all parents avoid sending nuts and nut products to school with their child.

Students are not permitted to share food at school. This is to ensure that students only eat food that is packed by their parents and to decrease the risk of allergic reactions.

The Heart Foundation does not recommend using food as a reward for students achievements or behaviour. Alternatives such as merit award schemes, stickers stamps, games etc can be as effective and better for health and wellbeing

Responsibilities

The Principal's role is to:

- Ensure that school practices are consistent with this policy and are responsive to local needs, including cultural diversity, by consulting with the community and take account of religious and/or cultural considerations for food and dietary requirements
- Ensure the canteen operations are reviewed through use of the "Menu Check Tool" at least every two years and implement the findings of the review
- Include canteen operations in the school planning process
- Enable canteen managers and canteen staff (including volunteers) to attend training opportunities relevant to implementation of the NSW Healthy School Canteen Strategy

The teacher's role is to:

- Teach Good nutrition as part of the mandatory Personal Development, Health and Physical Education (PDHPE) learning area and reinforce healthy eating and good nutrition wherever possible in other learning areas
- Promote healthy food through the School newsletter and other promotion material
- Model healthy eating during school meal times
- Use non-food rewards, consistent with the Heart Foundation recommendation

Parents' and carers' roles are to:

- Support the implementation of the Schools Healthy Food initiatives
- Consider including healthy and nutritious food for their children at school when providing lunches, food for celebrations and other social occasions
- Provide a drinking water bottle

The Canteen Manager's role is to:

- Adhere to the Healthy School Canteen Strategy and implement the food and drink criteria
- Promote healthy every day affordable foods as the majority of their menu

The student's role is to:

- Keep learning about healthy eating options; or notice and encourage kids with nude food or rainbow vegetables; or drink water from the bubbler
- Not share food

Monitoring, Evaluation and Review

The policy will be monitored by the School Council, every two years the Principal will report the outcomes of the Healthy Canteen "Menu Check".

Supporting Documentation

- NSW DET Healthy Canteen Strategy
- National Food Law, Food Safety Standards (2002)
- Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
- Children's Services Regulation 2004

This policy should be read in conjunction with:

- Student Health in NSW Public Schools: A summary and consolidation of policy
- Infection Control Policy and Guidelines (intranet only)
- Sponsorship Policy and Guidelines
- Curriculum Policy Standards
- Student Welfare Policy
- PDHPE K-10 Syllabus (2018)