



Henley
Brook
PRIMARY SCHOOL

Healthy Eating Policy

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Purpose

The first tenet of a whole child approach to education is ensuring that students physical, social and emotional wellbeing is healthy and positive. After their families, schools have the most daily contact with students and can play an integral role in ensuring that they are healthy. Communities and schools are well informed of the links between student health and achievement. By promoting a healthy environment and providing support services as needed, schools can help create a positive lifestyle for young children.

Schools are required to adopt a whole school approach to healthy eating within the school community. Fundamental to this is the implementation of strategies which inform, support and promote healthy eating within the guidelines of the Department of Education Policy for Student Health.

Policy Requirements

- Schools are required to adopt a whole school approach to healthy eating within the school community.
- Food and drinks categorised as “red” will not be provided to students on the school site unless essential to the learning program.
- The Healthy Food and Drinks Policy will be implemented in conjunction with medical care plans for students with allergies to a wide variety of foods.
- A canteen policy will incorporate the policy on the provision of healthy food and drinks.

Procedures

The school will promote healthy eating within the school community; and

- Develop and implement a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for ‘green’ food and drinks mandated in the Department of Education Healthy Food and Drink Policy and which incorporates the following:
 - Students will be supplied only ‘green’ and ‘amber’ foods in school settings.
 - Students will only be supplied ‘red’ foods on limited occasions and in small amounts and only when it is essential to the learning program.

In addition, the school will:

- Raise awareness of the need to consider those with medical care plans in place for food allergies.
- Educate the community about considering the needs of others.
- Provide the necessary training and procedures to cater for the needs of students with emergency care plans for food allergies.
- Require the assistance of the community to limit the amount of food in the environment which is common to food allergies.

- Prevent the sharing of personal food items.
- Restrict foods in class cooking activities to those with no allergy link to students.

Healthy eating will be promoted by.

- Adopting the Health Promoting Schools Framework which is a planning framework for schools that includes the physical, social and emotional needs of all members of the school community; with members working towards providing students with positive experiences and structures that promote and protect health.
- Including advice in the school newsletter.
- Organising whole school events such as a health/nutrition campaign/events, theme days, school breakfast events; and
- Inviting appropriately qualified guest speakers to address, students, parents and staff.
- All classroom cooking activities will comply with the no “red” foods policy.
- No “red” foods will be distributed on the school site, including those foods and drinks distributed by those providing extra curricula activities on the school site – before and after school care and the like.
- Food brought to school by parents has direct implications for this policy, food preparation requirements of the Department of Education Healthy Food and Drink Policy as well as the potential for impact on a large number of students with a wide variety of allergies. The provision of birthday cakes and other food treats to classrooms for distribution to students is therefore not permitted.
- Parents and Citizens’ Association fundraising is exempt from the requirement to only use ‘green’ and ‘amber’ food and drinks however consistent messages are encouraged.
- When parents provide foods to be shared during classroom activities, the best practice is that teachers inform parents prior to the event of the heating/cooling facilities available at the school to prevent contamination.

School Canteen

A canteen policy will incorporate the policy on the provision of healthy food and drinks and be visible in the canteen alongside the Department of Education Health Food and Drink Policy.

The school will ensure the canteen menu promotes a wide range of healthy foods and that it:

- Consists of a minimum of 60% ‘green’ food and drinks.
- Consists of a maximum of 40% ‘amber’ food and drinks.
- Only offers savoury commercial products that are ‘amber’ foods a maximum of twice per week; and
- Contains no ‘red’ food and drinks.

Green Food and Drinks

Are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).

Amber Food and Drinks

Have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).

Red Food and Drinks

Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ)