

Stuarts Point Public School



7 Banksia Street Stuarts Point NSW 2441
T 6569 0627 F 6569 0534
E stuartsp-t.school@det.nsw.edu.au

NUTRITION POLICY

Date: May 2011

Rationale

It is NOT the policy of Stuarts Point Public School to mandate to parents what food to provide for their children on a daily basis. The following policy sets out procedures for incidences where the school and canteen has the responsibility to provide food or avenues for food to be purchased by students. It is hoped that parents will, when providing lunches, consider the recommendations of the NSW Department of Health.

Objectives

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

Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for our canteen planning.

All sugar sweetened drinks that exceed the nutritional criteria for 'occasional' foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, are not permitted at our school.

The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and all class activities in all other key learning areas will reinforce healthy eating and good nutrition wherever possible.

All school activities that involve the provision of food and drink to students will be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Whenever possible, off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions will be consistent with the Fresh Tastes @ School - 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.

Our school canteen will provide a safe and hygienic food service and comply with National Food Law, Food Safety Standards (2002), Food Act 2003 (NSW) and Food Regulation 2010 (NSW).

School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2nd Edition 2006).

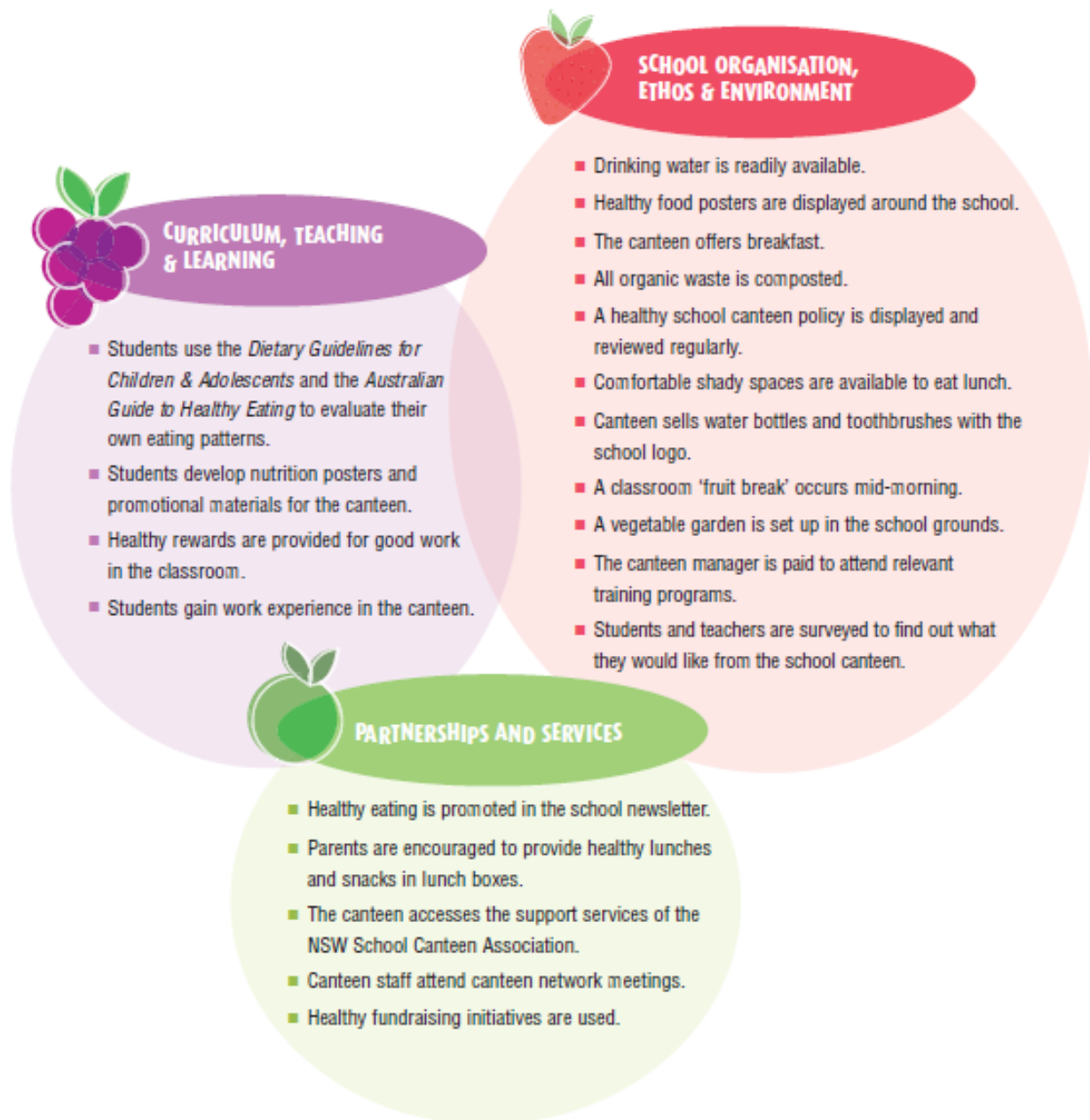
Context

The health and wellbeing of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school.

The NSW Government State Plan Priority S3 Healthy Communities (Obesity): Improved health through reduced obesity, illicit drug use and risk drinking, identified 'Healthier Schools' as a key priority in preventing childhood obesity in NSW.

The Australian Dietary Guidelines for Children and Adolescents are designed to help young people and their families choose food and drink for a healthy life.

There are a number of ways that healthy eating can be actively supported within the school thereby providing consistency across all areas. The Health Promoting Schools Framework shown below provides some ideas under the three key action areas.



For healthy lifestyle nutrition information, food and promotional ideas:

Building a Healthy, Active Australia: www.healthyactive.gov.au

NSW School Canteen Association: www.schoolcanteens.org.au

Go Grains: www.gograins.grdc.com.au

Sydney Markets: www.freshforkids.com.au

Meat and Livestock Australia: www.redmeat-feelgood.com.au/

Dairy Australia: www.dairyaustralia.com.au

NSW Department of Health: www.health.nsw.gov.au/obesity

Information about obesity / healthy canteens: www.health.nsw.gov.au/pubs/a/pdf/anaphylaxis.pdf

Current Programs

1 Fundamental Movement Skills

This program belongs in our PDHPE Syllabus and forms part of our Physical Education Program. At least two hours per week is timetabled for PDHPE in every class.

2 Crunch and Sip: 'Fruit Bat'

'Fruit Bat' allows for children to eat fruit (or salad vegetables) and drink water as part of the classroom or school program. Students 're-fuel' with fruit or vegetables during the morning – assisting physical and mental performance and concentration.

Crunch & Sip encourages fruit and vegetable snacking and drinking water. Crunch & Sip gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

What foods are allowed in the classroom? The break is a time to introduce children to fresh fruit and vegies and encourage the water drinking habit. Fresh fruit or vegies are the best choice. Please only send foods with a tick:	X Not Allowed
Allowed	Drinks
Fruit	X Drinks other than plain water are not permitted
X All fresh fruit (eg whole fruits, chopped melon etc.)	X All other drinks (including waters with added vitamins, minerals, or carbonates)
X Fruit canned in water, juice or 'no added sugar' (eg peach slices)	X Fruit or vegetable juices or fruit juice drink
X Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay	X Fruit cordial or mineral waters
Vegetables	All other foods are not permitted including:
X All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)	X 'Fruit' products (eg. fruit leather, fruit roll-ups, fruit metres or similar)
Water	X Fruit jams or jellies
X Only plain water	X Fruit pies or cakes
	X Fruit canned in syrup or with artificial sweeteners
	X Canned or processed vegetables
	X Vegetable or potato crisps, hot potato chips, olives
	X Vegetable pastries (pies, pasties, sausage rolls)
	X Baked vegetable breads
	X Vegetable cakes, fritters, quiches or similar
	X Popcorn

Ref: <http://www.crunchandsip.com.au/interface/pdf/PermittedFoodAndDrink.pdf>

3 Premiers Sporting Challenge

Our school is involved with one component of this program- The Premiers Sporting Challenge. The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier's Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

4 Kids in the Kitchen

The teaching of nutrition education is part of the PDHPE Syllabus. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible. Children need practical skill development in preparing healthy food and often what little cooking children have done in the past has been around preparing high fat and sugar treats. This cooking program encourages children to prepare their own fruit and vegetable meals and snacks. Recipes are printed for children so that they can make the dishes at home for parents and friends and a cookbook is available for parents.

5 'Green Team' Vegetable Garden

Our school 'Green Team' works in our vegetable garden, planting and harvesting food. This teaches our children about the natural world, about its beauty and how to care for it, how best to use the resources we have, and an appreciation for how easy it is to bring joy and wellbeing into one's life through growing, harvesting preparing and sharing fresh, seasonal produce.

6 Suggestions For School Lunchboxes

Lunch box suggestions

Best choices

Vegetables

Fresh fruit

Dairy food – cheese or yoghurt

Protein food – slice of lean meat, hard-boiled egg or beans

Starchy foods – bread, rice or pasta

Water.

Foods best left out

Muesli and chocolate bars

Potato crisps and oven baked savoury biscuits

Sweet drinks

Donuts and cakes

Lollies, honey and jams

Fatty meats such as salami and Strasbourg.

This information comes from:

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Healthy_lunch_boxes_for_children?Open
and can also be found at any good website about nutrition.

7 Fresh Tastes Canteen

The *Fresh Tastes* NSW Healthy School Canteen Strategy is all about giving students across NSW a taste for healthy foods. It heralds a move beyond nutrition guidelines for school canteens to a government-endorsed approach that helps schools determine the healthier types and frequency of foods that are available for sale in their canteens. Our school canteen follows the NSW Healthy School Canteen Strategy (see attached).



Stuarts Point Public School



7 Banksia Street Stuarts Point NSW 2441

T 6569 0627 F 6569 0534

E stuartsp-t.school@det.nsw.edu.au

NSW HEALTHY SCHOOL CANTEEN STRATEGY

Purpose: To educate our students and thus the wider community about healthy food choices and physical activity. The canteen can model healthier food choices that are tasty, interesting and affordable.

Date: March 2010



Aims:

- To encourage the development of good eating habits consistent with the Australian Dietary Guidelines for Children and Adolescents
- To provide a variety of food and drinks recommended by the NSW School Canteen Association and in line with the NSW Government's Fresh Tastes @ School Canteen Menu Planner.
- To provide students with practical learning experiences about making healthy food choices that reinforce classroom teaching on nutrition and physical activity.
- To involve students and parents in decision making.
- To demonstrate high standards of food safety and hygiene in relation to the preparation, storage and serving of food at the canteen consistent with the national Food Safety Standard.
- To provide a financial contribution towards resources for all students in the school.
- To provide students with the opportunity to enjoy a canteen experience similar to larger schools.
- To develop an appreciation of the social, ethnic, cultural and nutritional aspects of foods.

Implementation:

- The Stuarts Point P&C will manage the school canteen.
- The canteen committee will be responsible for operating the canteen in accordance with this policy and its supporting documents.
- The P&C must approve all canteen capital purchases exceeding \$500 by a majority vote.
- The Canteen Committee shall present a report to the annual general meeting of the Stuarts Point P&C.
- The P&C body shall have the right to reorganise, disband or close the committee. Such decisions are to be supported by majority vote at a general or special meeting. The school community must be given at least seven days notice in writing.
- A current copy of this policy and supporting documents will be in the P&C area.
- A copy of the current canteen policy will be given to all canteen committee members.

Evaluation:

- In consultation with parents and students the healthy canteen policy will be reviewed in line with cyclic management to ensure that it is being used to enhance student healthy eating practices.

Policy:

Fresh Tastes NSW Healthy School Canteen Strategy,
NSW Dept Health and NSW Department of Education and Training 2004