

## HEALTHY EATING GUIDELINES

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North Cottesloe Primary School encourages all staff, students and community members to have pride in themselves and their school. Our ERIC values; Excellence, Respect, Integrity and Care are central to all school pursuits, including the choice of healthy foods.

### Rationale

In 2006, following the Australian Better Health Initiative, a set of Policy and Standards were developed for the supply of food and drink to students in WA schools. The Policy categorizes food and drink into three groups:

- **Red**, those items not to be available in schools;
- **Amber**, those items to be served in moderation; and
- **Green**, those items which are healthy and promoted by the school.

Schools are to try and achieve a supply ratio of 3:1 for Green and Amber foods.

### Purpose

1. To provide guidance to staff, students and the wider community on the provision and promotion of healthy eating choices.
2. To establish a set of guidelines to assist staff in the planning of curriculum activities.
3. To establish a set of guidelines for the school, P & C and wider community to assist with the planning of fund raising and community activities.
4. To raise the awareness of anaphylactic conditions for all members of the school community.
5. To ensure we meet the requirements of DoE's Healthy Food and Drink Policy and Standards.

### Procedures

#### 1. Healthy Food Choices

Information about the Healthy Choice Menu is distributed through the School Newsletter.

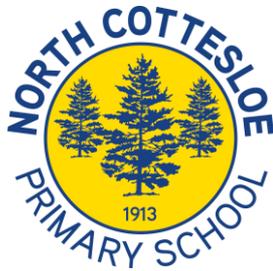
#### 2. Guidance to Staff

The provision of educational activities which promote healthy lifestyle choices are an essential early intervention in the prevention of later societal health problems. We will provide activities which promote healthy choices through classroom Health and Physical Education lessons and through whole school Healthy Choice initiatives such as:

- Crunch and Sip,
- 2 hours of physical activity per week,
- Healthy lifestyle choice topics in classroom programs.

Red foods such as lollies, chocolate, soft drinks and chips have no part in our classroom programs. They are not to be used as a facet of any student behaviour management strategy.

It is expected that staff will model healthy practices by refraining from the consumption of red foods whilst in the company of students.



### **3. Allergy and anaphylaxis guidelines for parents, staff and students**

#### **Parents:**

- Will be informed of these guidelines at the commencement of each new school year and at enrolment. The guidelines will go out in the student packs sent out at the beginning of every school year.
- Are requested to follow the classroom guidelines when sending in foods which may cause potential allergies
- Will provide a medical plan and medication (eg epipen) if their child has been diagnosed with an allergy. These are to be kept up to date by the parent.
- Parents will also teach and encourage the child to self-manage.

#### **Students:**

- Will receive age appropriate education about food safety and the seriousness and potential life threatening nature of allergies in the classroom environment.
- Are encouraged to wash hands before and after eating.
- Who bring in food that relates to a child with an allergy are encouraged to inform the classroom or duty teacher, and will eat that food away from other students and wash their hands after eating
- Are not permitted to share or swap food.

#### **Staff:**

- Will be made aware of students who have anaphylactic responses
- Will supervise students during lunch eating time and be vigilant in regards to these guidelines.
- Will participate in training procedures related to Anaphylaxis as the need arises, including identification of the signs and symptoms of an allergic reaction and use of appropriate medication.
- Will inform parents of any allergies in the classroom
- Will promote information to students and parents.
- Will ensure all camps, excursions and incursions provide 'safe' food and that there are effective controls in place to minimise the risk of exposure.

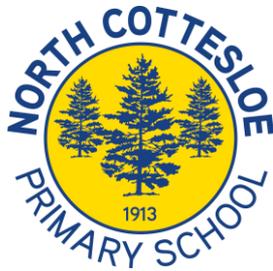
### **4. Curriculum Activities**

Food and drinks categorised as 'red' will not be provided to students unless essential to the learning program.

On special occasions, such as Easter, curriculum activities may require the use of small amounts of confectionery. Teachers are to ensure that students are made aware of the place of confectionery within these celebrations and that any use of confectionery is in moderation.

### **5. Student Celebrations**

North Cottesloe Primary acknowledges that many celebrations are accompanied by the consumption of red foods. The school staff will take an educative role in informing the community of the inhibitory nature of excess sugar on students' ability to attend to learning and actively discourage the distribution of confectionary on school premises.



### **Birthdays:**

Birthdays are a special occasion and it is important that they be acknowledged. Students will be made to feel special on their birthday here at school in ways suitable to their age group. E.g. Singing a Happy Birthday song by their peers and wearing a birthday badge/sticker for the day (younger year levels); receiving written birthday affirmations (older year levels) etc. The safety and health of our students is of utmost importance, therefore food treats are not an option for birthdays.

Birthday cakes, lollies or treats will not be permitted for sharing at school. In addition to the detrimental effects of refined sugars, many students also suffer from allergies to a variety of foods and food additives. To ensure the health and safety of students, cakes and lollies, provided by parents cannot be distributed. Birthday celebrations need to remain out of school hours.

The holding of class parties has become common practice to celebrate the conclusion of a school year. Staff will work with the community to ensure such celebrations do not include the consumption of Red foods, particularly soft drinks and lollies.

### **6. School Fund Raising**

Classes may, on occasion, embark on fund raising to assist with costs for excursions and camps. This Healthy Eating Policy prohibits the selling of Red foods in fund raising. This extends to: Chocolate Fund Raising, Ice Cream Sales, etc. Staff must consult the School Administrative team before embarking on fund raising activities.

Students have, at times, raised funds for clubs and associations through the sale of confectionary at school. This is contrary to DoE's Healthy Eating Policy and will not be allowed.

### **7. Crunch and Sip**

Crunch and Sip is a set time during the school day for students to eat vegetables and fruit and drink water in the classroom. Students bring vegetables and/or fruit and a clear water bottle to school each day for the Crunch and Sip break.

Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

### **P & C/Community Fund Raising**

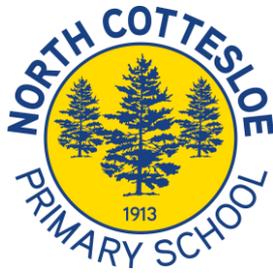
The Department Policy states *"those activities organised outside of the direct responsibility of the Principal are not required to adhere to the policy or standards, for example, fundraising by the P&C and school fetes. However, the Principal is required to consult with the school community in deciding the policy for healthy food and drinks."*

The P&C must consult with the School Administrative Team on fund raising plans.

### **Reporting**

It is a reporting requirement to complete the Department of Education annual Healthy Food and Drink policy survey.

The Department of Education, as part of the School Review Process, may ask North Cottesloe Primary to demonstrate that they are complying with the Department Healthy Food and Drink policy.



## **Definitions**

### **Red food and drinks**

Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute to 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).

### **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).

*For revision in 2022*