

Seaview Downs Primary School Healthy Food Supply and Nutrition Policy

Rationale

This school promotes and models safe, healthy eating habits in line with the *Right Bite* Healthy Food and Drink Supply Policy for South Australian Schools and Preschools and relates to the DECD wellbeing strategy and the Australian Dietary Guidelines. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels, improved cognition and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

This is a whole-of-school policy and has been established after consultation with the school community.

Curriculum

Our school's food and nutrition curriculum:

- is consistent with the *Australian Dietary Guidelines (2013)* and the *Australian Guide to Healthy Eating*
- actively promotes the *Five Food Groups*, in particular daily fruit and vegetable consumption, wholegrains and dairy (milk, yoghurt and cheese – mostly reduced fat)
- includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for students to develop practical food skills related to, for example, growing, selecting, storing, preparing, cooking and serving healthy food
- integrates nutrition across the curriculum according to the Australian Curriculum.

Learning Environment

Students at our school:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day (water bottles are allowed in the classroom)
- eat routinely at scheduled break times, including a daily fruit & veg snack time
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours

- will develop and maintain a school garden and integrate the garden across the curriculum.

Our school:

- provides encouragements that are primarily non-food related and never related to unhealthy food and drink
- understands and promotes the importance of breakfast for students
- teaches the importance of regular healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site.

Food Supply

Our school:

- encourages healthy **food and drink choices** for students in line with the **Right Bite** policy
- encourages healthy food choices which are representative of the foods of the school community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for **school activities and events**, in line with the **Right Bite** policy (this includes all school events which provide food such as sports day, camps, field trips/excursions and special occasions such as class parties and celebrations)
- ensures a healthy food supply for **catering at school functions**, in line with the **Right Bite** policy
- has established and supports a **healthy school canteen** which sells, promotes and models healthy food and drink choices in line with the **Right Bite** policy
- has established and supports an **Out of School Hours Care (OSHC)** program which promotes, models and provides food and drink options in line with the **Right Bite** policy

Food Safety

Our school:

- promotes and teaches food safety to students during food learning activities
- encourages staff to access training, as appropriate, to the **Right Bite** policy and associated nutrition recommendations
- provides adequate hand washing facilities for everyone
- models, promotes and encourages correct hand washing procedures
- supports a canteen and OSHC which comply with all relevant food safety standards.
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Food-Related Special Requirements

Our school:

- respects and encourages diversity amongst our community and, where possible, aims to be safely inclusive of all cultural, religious, dietary and disability needs when undertaking food-related activities
- aims to provide a safe and inclusive learning environment for all students
- ensures that all staff are informed and provided with training and information relevant to their role in the management of students on health support plans related to food issues

Special dietary requirements & special needs related to food and/or the eating environment:

Our school:

- liaises with families to ensure that students on health care plans related to their food and/or eating environments are identified and supported
- expects the school community to respect and comply with the school's '**nut-free**' policy
- effectively communicates to students, parent/carers and staff any separate, additional school policies developed for students with special dietary requirements, such as other severe allergies
- liaises with families to ensure these students are safely included in food-related school events
- liaises with families to safely enable students to access the school food service(s), if possible
- recognises that education and support of these students around their needs is important and enabled.

Food brought from Home

Our school:

- encourages the school community to bring healthy food and drink choices from home, in line with this policy and the **Right Bite** policy.
- requests the school community to respect and support the school's **nut-free** policy and any additional food-related policy (ies) current at the time

Fundraising

Our school:

- promotes the alignment of fund raising with the **Right Bite** policy and wherever possible is non-food based.
- ensures that fund raising involving food, is as 'GREEN' as possible, whilst not including 'RED' or discretionary options.
- encourages fund raising events which promote and model healthy lifestyle choices, through activity based events or healthy eating promotions (such as a bike-athon, walk-athon, wheel-athon, fruit and veg-athon)

School Sport

Our school:

- promotes plain, still water as the best thirst quencher before, during and after sport, in line with the **Right Bite** policy
- promotes fruit & veg as the snack of choice, if a snack is needed, during or after team games, (such as cut-up oranges at half time during a match)
- expects and encourages coaches and managers of school team sports to model, promote and provide healthy food and drink choices when supplying or organising food for a team event (such as an end-of-season break-up), in line with the **Right Bite** policy

- ensures that the menu for away-from school sporting events is in line with the **Right Bite** policy

Red Occasions:

Our school:

- while Governing Council can approve up to two Red Occasions per term, the aim is to minimise these whenever possible, in line with the **Right Bite** policy. Situations such as a school fete, in which the whole school community is involved, might be an example of such an occasion.
- red category foods and drinks are not to be supplied by the school food service (s)

Resources

1. Right Bite: healthy food and drink supply strategy for South Australian schools and preschools Department of Education and Children's Services and SA Health 2008
www.decs.sa.gov.au/rightbite
2. Australian Dietary Guidelines
National Health and Medical Research Council, Canberra 2013
www.eatforhealth.gov.au

Original Policy: SDPS Healthy Eating Policy 2009

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