

NSW Department of Education Nutrition in Schools Policy

All schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink. School canteens are required to implement the Fresh Tastes @ School – NSW Healthy School Canteen Strategy.

1. Objectives - Policy statement

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

1.2 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 all canteens in NSW government schools.

1.3 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 for sale in school canteens and school vending machines at all times.

1.4 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 should reinforce healthy eating and good nutrition wherever possible.

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

1.6 Off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

1.7 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.

1.8 All canteen operators are required to notify the NSW Food Authority of their food activity details. All canteens will provide a safe and hygienic food service and comply with the Australia New Zealand Food Standards Code, Food Act 2003 (NSW) and Food Regulation 2010 (NSW).

1.9 Schools with preschools are required to follow the protocols of the Education and Care Services National Regulations (Regulation 79) ensuring that healthy eating practices are promoted.

1.10 School activities that involve the provision of food will address the requirements of the Anaphylaxis Procedures for Schools.

2. Audience and applicability

2.1 All NSW government schools and preschools, parents/caregivers; the wider school community.

3. Context

3.1 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.

3.2 The NSW Government 2021 Plan, Goal 11 aims to keep people healthy and out of hospital, through reducing rates of overweight and obesity amongst children and young people aged 5 to 16 years.

3.3 The Australian Dietary Guidelines (2013) are designed to help young people and their families choose food and drink for a healthy life.

3.4 Legislation

- Australia New Zealand Food Standards Code.
- Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
- Education and Care Services National Regulations 2011.

3.5

This policy should be read in conjunction with:

- Student Health in NSW Public Schools: A summary and consolidation of policy
- Infection Control Guidelines (Intranet only)
- Sponsorship Policy and Guidelines
- Curriculum Policy Standards - Procedure
- Student Welfare Policy

4. Responsibilities and delegations

4.1 Principals are responsible for ensuring the requirements of departmental policy, guidelines and relevant legislation are met. Principals are responsible for ensuring that school policies and practices are consistent with the nutrition in schools policy and are responsive to local needs, including cultural diversity.

5. Monitoring, evaluation and reporting requirements

5.1 Principals will ensure their canteen operations are reviewed through use of the Making Your School Canteen Healthy Self-Assessment Tool and Action Planner at least every two years.

5.2 Directors, Public Schools NSW will monitor the local implementation of this policy and report to their Executive Directors, Public Schools NSW.

5.3 The Executive Director, Learning and Engagement will monitor the state-wide implementation of this policy.

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At Illaroo Road Public School we understand the importance of teaching children about healthy eating habits and work within the policy guidelines as set out above by the Department of Education.

Education about good nutrition at Illaroo Road Public School is planned and implemented:

- age appropriately within the school PDHPE program, from Kindergarten to Year 6
- through our healthy canteen policy
- through our fruit and water (Crunch and Sip) policy

Illaroo Road Public School Healthy Canteen

Healthy canteens were introduced by the NSW Department of Education to help fight childhood obesity, but having a healthy diet also increases concentration, aids dental improvement, helps with behaviour and generally makes for a happier, healthier child.

All food has been divided into three groups, **GREEN**, **AMBER** and **RED**.

- **GREEN** foods include: fruit, vegetables, meat, legumes, grains, pastas and low fat dairy. These foods can be sold all the time and must dominate the canteen menu.
- **AMBER** foods include items that are low in fat, sugar and salt. These can be sold every day but must be a minor part of the canteen menu.

- **RED** foods do not meet the AMBER criteria and include all confectionary. These foods can only be sold twice per term.
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The ‘Crunch and Sip’ Program at Illaroo Road Public School

School is a wonderful time for starting and developing healthy habits which will last throughout your child’s life – lifelong learning, being physically active, and eating the right foods to promote and maintain health. Illaroo Road has long been a leader in physical education: sport, fitness, personal development. Our ‘Crunch and Sip’ program is designed to encourage understanding of good nutrition through supervised healthy eating and drinking.

Water in the Classroom

Students are to be encouraged to bring a sports bottle of water to school every day, leaving it on their desks or in a special area designated by their teacher, and to keep having frequent sips of fresh, plain water. (You don’t have to buy a special bottle – recycled ones are fine!) Please note that it must be fresh, plain, room temperature water. Don’t freeze the bottles overnight – the sudden rush of icy water can cause tummy aches, as well as making a puddle on a desk as it condenses water. No cordial or flavourings will be allowed. It is important that children keep well-hydrated by regularly sipping small amounts of water. There is a lot of research to suggest that this will help young brains concentrate and work better, so that our students can get more out of school.

Fruit Every Day

There is also a lot of research telling us that eating fresh fruit and/or vegetables every day can give a child long-term protection against heart disease, diabetes, high blood pressure and some forms of cancer. Each child is encouraged to bring in a small piece of fresh fruit or vegetables (this includes dried fruit and fruit in natural juice – but not in metal containers as the ring-pulls are difficult for little fingers and the metal lids are sharp). Each teacher will choose a time when the whole class can eat their fruit or vegetables, usually during the first class session before recess.

This program has the wholehearted support of staff, the Parents and Citizens Association and the School Council. It is a small way to contribute to our children’s health and to give every Illaroo Road student a little bit more of an edge as they race towards the future.