

Healthy Food Policy:

Rationale:

Children eat regularly throughout the school day. In order to try to ensure the safety of all children, the encouragement of life-long, healthy eating patterns and the cleanliness of the school buildings and grounds, all eating needs to be managed..

Aims:

To ensure that eating food at school is safe for all, healthy eating habits are encouraged and that the school's buildings and grounds are clean at all times.

Implementation:

Curriculum:

The school curriculum will include teaching the benefits of eating healthy foods, daily exercise and an outdoor balanced lifestyle.

The curriculum will support healthy food choices, encouraging children to:

- enjoy a wide variety of nutritious foods
 - eat plenty of vegetables, legumes, fruits, breads, cereals, rice, pasta and noodles
 - include lean meat, fish, poultry and/or alternatives in diet
 - include dairy products as part of a healthy, balanced diet
 - choose water as a preferred option
 - limit saturated fat and moderate total fat intake
 - choose foods low in salt
 - consume moderate amounts of sugars and foods containing added sugar
 - become involved in food-related activities eg. planning meals, growing foods, cooking
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- Children will bring food from home for fruit snack, morning tea and lunch. In addition, children are able to bring a water bottle. Drinking fountains in the school grounds will also provide fresh water at all times.
 - Children will not be permitted to eat during PE or sporting activities
 - Children will not be permitted to chew gum or suck lollies due to the risk of choking. Sucking an occasional cough lolly will be permitted with Principal approval.
 - "Sometimes" foods eg. lollies, icy poles, etc will occasionally be used to engage or reward children when learning challenging concepts or on special occasions eg. Christmas – candy cane.
 - Parents are responsible for ensuring that at all times, the School Office holds **current** medical/allergy information
 - The First Aid Officers should ensure all staff are aware of children with allergies and all staff should become familiar with the school management strategies for these children.
 - When on yard duty, all staff shall wear their designated first aid bag which includes information and photographs of children who may need to be identified as 'at risk' and managed quickly

Other Areas:

- All food will be eaten inside. Children are to eat their morning tea and lunch in the classroom during the designated eating times. Children will not be permitted to wander around the school eating food at recess or lunch times. If for any reason, children do not finish eating their food in the designated time in the classroom, they will be required to take the food home. Adequate time to eat (10-30 minutes) will be provided at designated eating times.
- Rubbish free lunches are required to be brought from home. Nevertheless, rubbish bins will be placed in each classroom for daily classroom waste disposal only. There will be no bins in the school yard. Children will be required to take home their own rubbish.

- Children eating food in the school yard will be managed in a manner consistent with the school's Code of Conduct.
- Messages about the importance of healthy foods and active lifestyles will be consistent throughout the school, including extra-curricular activities such as camps, excursions, etc.
- Planning for promotion and fundraising events involving food, should include a considered discussion regarding the quality of the food to be offered. The Principal reserves the right to veto any food. 'Sometimes' foods will be offered if relevant to the activity eg. Hotdog / can of drink – Footy Day
- A school canteen shall not be considered unless a healthy food menu is financially viable.
- A special treat, healthy eating option shall be offered as a lunch order eg. Subway, once per week.

Special Dietary Requirements:

Some children have medical conditions that require special diets. These special dietary requirements may include:

- diabetes
 - coeliac disease
 - anaphylaxis (severe) food allergy (peanuts, cows milk, wheat, soy bean, egg, tree nuts, fish and shellfish). Contact with certain foods can be fatal for people with allergies to these foods.
- Children will only be allowed to eat at designated eating times unless a medically diagnosed condition dictates otherwise eg. Diabetes.
 - Due to issues relating to anaphylaxis, allergies, diabetes etc, children are **never** to swap food at any time. In classrooms, teachers will work to reinforce this rule.
 - Cakes, lolly bags, etc. sent to school by parents/carers to celebrate a special occasion, will be given to the children at the end of the day to take home for parent/carer permission to eat or discard.
 - Parents are asked never to provide nuts, nut products, yoghurt or the whole egg, to their child/ren for any reason due to the serious risk these foods pose for other children with life threatening allergies. If sent to school with these foods, a child will not be allowed to eat with other children but will be removed to a secluded yet supervised area and asked to thoroughly wash their face and hands after they have eaten.

All teaching, non-teaching, education support staff and parents who conduct fairs, food stalls or cater for special events must read and adhere to the Healthy Food Policy.

This policy will be reviewed as part of the School Council's three-year policy review cycle.

Cranbourne Carlisle Primary School



Many Cultures, One Community