

Healthy Eating and Nutrition Policy

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Responsibility of:	TBA	Effective Date:	06/02/2019
Target Audience:	Parents, Staff, Community	Next Review Date:	February 2021

1 RATIONALE

At Leanyer School we are building a school culture inspired by the Reggio Emilia philosophy and approaches. We hold shared high expectations that every student will learn and achieve positive outcomes. We actively create environments where students can learn to be the agents of their own success. We act on the research that establishes that good nutrition and healthy eating are vital to good health at all stages of life but especially in childhood. Healthy eating patterns in childhood promote optimal childhood health, growth, and cognitive development; prevent immediate health problems, such as iron deficiency anemia, obesity, eating disorders, and dental caries; and prevent long-term health problems. School healthy and nutrition policies and programs help children attain full educational potential and good health by providing them with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating behaviors.

2 PURPOSE

The Leanyer School Healthy Eating and Nutrition Policy is evidenced based founded on the most current validated research. It is consistent with the NT Department of Education School Nutrition and Healthy Eating policy and guidelines based on nutrient criteria from the *National Healthy School Canteen Guidelines* and the *Australian Guide to Healthy Eating*.

The aims of this Policy are to:

- Help learners establish healthy nutrition habits and attitudes so they have the best opportunity to strive for excellence and reach their potential.
- Support and promote the Department of Education strategic ambition that 'Every child in the Northern Territory has the best start in life and, through early learning and school education, gains a bright future.'
- Support the Melbourne Declaration on Education Goals for Young Australians.
- Support delivery of the Australian Curriculum, in particular the Cross-Curriculum Priorities, Health and PE.
- Support the school community to meet the requirements for relevant legislation.

3 POLICY

3.1 This policy is underpinned by the school innovation statement and values.

Innovation Statement

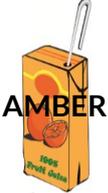
Leanyer School, in partnership with parents and community, will provide an education vital to students' achievement as individuals and citizens in the 21st century. Our curriculum will emphasise creativity, collaboration, innovation and leadership. Students will be provided rich and diverse opportunities to develop the broad cultural understandings and skills in social harmony

necessary to contribute as successful global citizens.

Values

- Achievement Take responsibility for always doing your best.
- Curiosity Ask questions of yourself and others and listen to new ideas.
- Respect Care for yourself, others and the environment.
- Collaboration Work and learn with others to achieve goals.

- 3.2 All members of the Leanyer School Community will adopt and support the implementation of this policy.
- 3.3 When food or drink is provided to students and/or staff in Leanyer School (by the canteen or during any other activity or program including the out of school hours care program) the requirements of the NT Department of Education School Nutrition and Healthy Eating guidelines will be met as summarised below.
- 3.4 AMBER and RED Foods. Any provision of AMBER and /or RED category foods at Leanyer School must be approved in writing by the Principal. The principal may approve whole school events and specified whole class events.

	<p>ALWAYS ON THE MENU</p>	<p>These foods and drinks are the best choices for a healthy school canteen and during school activities. A large variety of these foods and drinks must be available every day and represent the main choices on the canteen menu or when provided at school. They have a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).</p>
	<p>SELECT CAREFULLY</p>	<p>These foods and drinks contain some valuable nutrients, moderate amounts of saturated fat and/or sugar and/or sodium (salt) and if eaten regularly or in large amounts, may contribute to excess energy (kilojoules) being consumed. These foods and drinks must be assessed carefully against the Nutrient Criteria Tables to ensure that:</p> <ul style="list-style-type: none"> • the healthiest choices from this category are selected • these foods and drinks must not dominate the menu • the serving size is small.
	<p>NOT ON THE MENU</p>	<p>These foods and drinks must not be sold or provided in schools, unless part of a whole school/class/staff event with prior approval by the Principal. These foods and drinks may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar and are low in nutritional value.</p>

- 3.5 Food provision at all School based activities including such events as excursions, sports day and other special events will comply with the Leanyer School Healthy Eating and Nutrition policy
- 3.6 Leanyer School will:
 - implement innovative whole school approaches and routines to supporting the establishment of healthy nutrition attitudes and habits including:
 - Learners will have access to safe drinking water at all times and will be encouraged to have a drink bottle within easy access during class time.
 - Food not being used as a reward.
 - Special themed lunch days
 - Designated eating times for all year levels

- Birthday cakes will be actively discouraged
- Inform, involve and advocate to parents and the School community on the benefits and planning for healthy eating
- Implement school-based processes to ensure students with food restrictions and allergies and/or at risk of anaphylaxis are safe. Any food or drink provided in the School will take into account the known medical needs of learners

3.7 Leanyer School teachers will provide whole school sequenced nutrition and healthy eating education which meets the requirements of the Australian Curriculum through age appropriate, culturally relevant, fun, participatory activities that involve social learning strategies

4 IMPLEMENTATION

The Implementation of this policy will be managed through a Healthy Eating Implementation Plan.

Elements of the implementation plan will include:

1. Regular review of Canteen choices including a staged transition to Green only food choices
2. Regular themed events and terms which promote healthy eating and nutrition
3. Practical and innovative approaches to involving learners and the School community e.g. development of gardens and food growing cycles
4. Agreed habits and routines for healthy eating

5 ROLES & RESPONSIBILITIES

All staff are to:	<p>Explicitly model and promote the School healthy eating and Nutrition Policy</p> <p>Adopt and implement whole school approaches and procedures</p>
The School Principal will ensure	<ul style="list-style-type: none"> ● All efforts are made for catering and food supplies contracted through the school to be consistent with the policy and guidelines ● All student centered fundraising activities are consistent with the policy and guidelines ● All members of the school community, including school representative bodies and canteen managers, are made aware of, are familiar with, and comply with related aspects of this policy and guidelines ● The school canteen is appropriately registered by the Department of Health as a food business in accordance with the <i>Food Act</i> ● canteen staff are encouraged to participate in training provided by the Department of Health to ensure awareness of current information ● Parents are provided with regular updates and support materials via school newsletters or websites in order to better support students food and drinks choices at home ● Food and Nutrition is taught to students from Transition to Year 6 as part of the Australian Curriculum through the Health and Physical Education learning area ● The preschool and outside of school hours care service is compliant with regulatory requirements under the Act and Regulations by implementing the required procedures ● Children with specific dietary and health requirements, as indicated in their enrolment form and/or medical management plan, are managed and catered for ● Ensure that food provided to staff when on duty is consistent with this policy. ● Implement whole school approaches for healthy eating and nutrition ● Provide professional learning which assist teachers to implement the healthy eating and nutrition whole school approaches

Teachers are responsible for ensuring:	<ul style="list-style-type: none"> • Food and Nutrition is taught to students from Transition to Year 10, and general nutritional advice and guidance is provided to all students • Education related activities involving food comply with the policy, including camps, excursions or sporting events • Food or drinks are not used as a reward in the classroom or school setting (regardless of category).
The School Board is responsible for ensuring:	<ul style="list-style-type: none"> • All efforts are made for catering and food supplies contracted by the school to be compliant with the policy and guidelines • Any fundraising or events where food is sold comply with the <i>Food Act</i> • An outside of school hours care service is compliant with regulatory requirements under the Act and Regulations by implementing the required procedures.
The Canteen Manager is responsible for ensuring:	<ul style="list-style-type: none"> • All efforts are made by canteen staff to meet the requirements of the policy and associated guidelines • Canteen menus actively promote the sale/provision of GREEN- ALWAYS ON THE MENU food and drinks • That their knowledge is current and are strongly encouraged to participate in training provided by the Department of Health.
The Preschool and Outside of School Hours Care service are responsible for	<ul style="list-style-type: none"> • Ensuring children have access to safe drinking water at all times, and are regularly offered food and drinks throughout the day • Ensuring the healthy, hygienic and safe handling, preparation and storing of food and drinks, including those provided by families • Ensuring food is not used as a reward (regardless of category) • Ensuring children with specific dietary and health requirements, as indicated in their enrolment form and/or medical management plan, are managed and catered for • Ensuring the preschool and OSHC service complies with regulatory requirements under the Act and Regulations and departmental policy and guidelines.
Parents/families have the responsibility for:	<ul style="list-style-type: none"> • Providing healthy food and drinks to their children for consumption at school • Providing the school with professional advice informing the school if their child has any specific dietary requirements or food allergies. • Ensuring children are aware of and understand the requirements of this policy • Working in partnership with schools to promote healthy eating and nutrition at school • Being aware of the significant influence they have on their children's behaviours and attitudes to healthy eating and nutrition
Learners are to:	<ul style="list-style-type: none"> • Model the School values and healthy eating and nutrition approaches • Contribute positively to the development of a healthy eating school environment.

6 RELATED POLICY, LEGISLATION & DOCUMENTS

Leanyer School	Leanyer School Healthy Eating and Nutrition Implementation Plan and Guidelines
Department of Education	School Nutrition and Healthy Eating Policy School Nutrition and Healthy Eating Guidelines. Students at risk of anaphylaxis policy
Northern Territory	NT Education Act Care and Protection of Children Act Food Act NT
National	Education and Care Services (National Uniform Legislation) Act Education and Care Services National Regulations Australian-Guide to Healthy Eating Guidelines for healthy food and drink supplied in School canteens Australian Professional Standards for Teaching Melbourne Declaration on Educational Goals for Young Australians 2008 Australian Curriculum V 8.3