



Mount Warrigal Public School

Nutrition Procedure

BRIEF DESCRIPTION:

At Mount Warrigal Public School we promote healthy eating and good nutrition. 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 6. Children participate in lessons that focus upon relevant information, skill development and values clarification related to nutrition issues. Our canteen implements the NSW Healthy School Canteen Strategy that includes food and drink criteria. This procedure supports the Premier's Priority (2015) to reduce overweight and obesity rates of children by five percent over 10 years to 2025.

LINK/S TO DEPARTMENT POLICIES

<https://education.nsw.gov.au/policy-library/policies/nutrition-in-schools-policy>

<https://www.eatforhealth.gov.au/> (Australian Dietary Guidelines)

<https://healthyschoolcanteens.nsw.gov.au/>

<https://www.health.gov.au/internet/publications/publishing.nsf/Content/sugar-drinks-toc~sugar-drinks-3-fact-sheets~sugar-drinks-factsheet-3-3-sugar-what-drink> (Sugary drinks fact sheet)

<https://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx> (Crunch and Sip)

STATEMENT OF PURPOSE

Schools play a key role in providing students with the skills and opportunity to learn about healthy food and drink choices. Good nutrition matters for all children as it helps them to grow and learn. Improving access to healthy food and drink choices will positively influence students' health and wellbeing, including their attention span and classroom behaviour.

IMPLEMENTATION

The following are expectations at Mount Warrigal Public School:

School Canteen Responsibilities:

- Implement the Healthy School Canteen Strategy. This requires school canteen menus to comprise at least three-quarters 'Everyday' foods and no more than one-quarter 'Occasional' foods.
- Ensure packaged occasional foods have a Health Star Rating of 3.5 or above.
- Refrain from selling sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy.
- Raise awareness of healthy foods by promoting good choices at the canteen and across the school with posters.
- 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).

Teacher Responsibilities:

- Ensure nutrition education is taught as part of PDHPE syllabus implementation.
- Encourage students to eat healthy snack choices such as fruit or salad vegetables during daily **Crunch and Sip**.
- Allow students to drink water in the classroom (in an airtight water bottle).
- Promote actions that contribute to a healthy lifestyle e.g. healthy food and drink habits which reflect the Australian Government dietary guidelines and advice for children.
- Ensure any school activities that involve the provision of food will follow the requirements of the [Anaphylaxis Procedures for Schools](#).
- Have an awareness of any student medical needs, ensuring Health Care Plans are up to date.
- In the case of severe food allergies, please seek advice from supervisor and/or principal as to what precautions will be taken including possible information provided to other students/ families.
- Complete mandatory Anaphylaxis training annually.
- Take an EpiPen on all school excursions.



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Stage Supervisor Responsibilities:

- Have an awareness of any student medical needs within your stage, ensuring Health Care Plans are up to date.
- In the case of severe food allergies, seek advice from the principal as to what precautions will be taken including possible information provided to other students/ families.

Administration Staff Responsibilities:

- Regularly check Epipens to ensure they are readily available and in date.
- Replace Epipens before expiry date.

Parent and Carer Responsibilities:

Some tips include:

- Provide healthy snacks such as fruit and vegetable wedges.
- Substitute white bread with wholemeal or wholegrain bread for longer lasting energy.
- Substitute sugary drinks with water at home and in lunchboxes.
- Include children from an early age in meal planning and preparation.
- Plan a healthy eating day together once a week, fortnight or month.
- Consult children as to the contents in their school lunches and allowing them to assist in shopping and preparation where possible.
- Limit access to the type and amounts of highly processed foods available such as chips, chocolate, lollies and biscuits.
- Talk to other parents and friends and sharing lunchbox ideas and healthy recipes.
- Be a great role model by modeling healthy eating habits at home.

Student Responsibilities:

Some tips include:

- Bring healthy snacks (fruit or salad vegetables) each day for Crunch and Sip.
- Be physically active and choose nutritious food and drinks to meet your energy needs.
- Limit intake of foods containing saturated fat, added salt and added sugars such as biscuits, cakes, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, sugary drinks etc.
- Drink plenty of water.
- Enjoy a wide variety of nutritious foods from these five groups every day:
 - Plenty of vegetables, including different types and colours, and legumes/beans
 - Fruit
 - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
 - Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat.

EVALUATION

These procedures will be regularly evaluated and updated throughout the school year. A review of the procedures will be held by the conclusion of each year and any alterations noted.