

Spensley Street Primary School

NUTRITION POLICY

1. BACKGROUND

The influences on healthy eating for children are diverse. In preparing this policy it is acknowledged that:

1. Parents and families have the most significant influence on a child's development. Schools also play a significant role and have been identified as a key setting in which to address healthy eating.
2. Food and healthy eating are key parts of family life, socialisation and a healthy lifestyle. Eating provides significant opportunity for children to come together and to interact within the family, school or community context. Healthy eating also incorporates activities around food such as production, preparation and consumption.
3. School environments and educational activities that promote healthy nutrition choices through involvement of students, teachers, parents, and the community are the most effective and successful.
4. Advertising and marketing is a key factor influencing the eating habits of children.
5. Social, cultural and environmental influences that have an impact on what children and their families eat and should be acknowledged.
6. Good nutrition and healthy eating incorporates skills that take children into future stages of their health and development.

2. DEFINITION

1. Good Nutrition:

Good nutrition is promoted by healthy eating. Healthy eating means integrating a wide variety of foods necessary for normal growth and general health and well being, including dental health. All foods can be included in a healthy eating plan, but some should be eaten more frequently, and in greater amounts, than others.

2. This policy will apply to the SSPS:

- School curriculum
- Canteen
- Out of Hours Program
- School camps and
- School events.

3. RATIONALE

Nutrition has a major influence on children's health and well-being, and a direct impact on physical and cognitive growth and development. Teaching children about healthy nutrition - through curriculum, and, by example, through school canteen, camping, and out of hours programs - provides an important opportunity for the school community to make a positive contribution to the health of students. The important social and cultural role of food, and the wide range of attitudes to it, needs to be acknowledged.

SSPS recognises that the area of nutrition can be an avenue for consistent and continual health education and the promotion of health and well-being.

4. PRINCIPLES

The issue of nutrition at SSPS will be guided by the following principles;

1. Promote a variety of healthy choices for nutritious meals and snacks
2. Integrate good nutrition and healthy eating into the curriculum and overall school environment;
3. Involve students, parents, carers and staff in the implementation of the policy
4. Acknowledge the role of food in the celebration of significant events
5. Respect and celebrate the wide range of backgrounds, cooking traditions and eating patterns of in the community.

5. GOALS

1. To encourage students to:
 - Make healthy eating choices in their diet through an appreciation of the importance of nutrition on health
 - Develop an appreciation of the cultural and social aspects of food, and
 - Be discriminating purchasers and consumers.
2. Ensure that the provision of food in the school is a source of good nutrition and an example to students.

6. STRATEGIES

1. The Canteen, Out of Hours and Camping Program will continue to proactively seek out a wide range of healthy snacks and meals, display and promote these to students.
2. Curriculum areas such as health, physical education, and environmental studies will be used to promote an understanding of nutrition and healthy eating.
3. Opportunities will be provided for staff to participate in professional development to support implementation of the policy.
4. Children will have a designated period in which to eat lunch prior to going outside to play.
5. The Nutrition policy will be communicated to the community via relevant school documents and forums.
6. Practices, publications and policies relating to the Canteen, Out of Hours Program and Camping will make reference to the Nutrition policy.
7. Safe Food Handling Guidelines will be followed in the provision of school based food.
8. Product selection, purchase and promotion will be carried out with reference to other school policies, in particular sponsorship and fundraising policy.

7. RELATED SCHOOL POLICIES

- Canteen Policy
- School Camping Policy
- Out of Hours Handbook
- Health and Physical Education
- Environmental Studies
- Sponsorship, Promotion and Fundraising.

RESOURCE DOCUMENTS AND WEB SITES

Executive Memorandum No. 2003/017 - Guidelines for School Canteens and Other School Services

Food Smart Human Services Heart Foundation Handbook for School Canteens.

National Health and Medical Research Council Dietary Guidelines for Children and Adolescents -1995

Safe Food Handling Guidelines

Green J, Waters E, Haikerwal A, O'Neill C, Raman S, Booth M & Gibbons K, Social, cultural and environmental influences on child activity and eating in Australian migrant communities, *Child: care, health and development* 29, 6, 441 – 448 (2003).

Healthy Weight 2008 – Australia's Future. The National Action Agenda for Young People and Their Families. www.healthyactive.gov.au

WEB Sites:

www.health.vic.gov.au/nutrition

www.betterhealth.vic.gov.au - Click on "Topics" - "Healthy Living" – "Healthy Eating"

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NOTE: Resource Documents and Web addresses will be checked and updated annually.