

## Healthy Food Supply and Nutrition Policy of: Beachport Primary School and School / Preschool

### Rationale

This school promotes safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian School / preschools* and relates to the DECD wellbeing strategy.

We believe that early childhood and the primary school years are an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- staff at this school / preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within the *Right Bite*
- This food policy has been established after consultation with staff and parents within the school / preschool and school community.

### Curriculum

Our school / preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the SACS framework where possible, **relating to the Developmental learning outcome: 'Children develop a sense of physical wellbeing' and to the SACS Health curriculum.**

### The Learning environment

Children at our school / preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the school / preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our school / preschool:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

### Food supply

Our school / preschool:

- encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the school / preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive

- ensures a healthy food supply for school / preschool **activities and events** in line with the *Right Bite* strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** or provided by staff within school / preschool time:

**Fruit Time:**

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

**Food and drinks provided to children:**

- parents and carers are encouraged to provide healthy food and drink choices in line with the ***Right Bite*** strategy
- staff will ensure that food provided to children by the school / preschool is in line with the ***Right Bite*** strategy.

**Food safety**

Our school / preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

**Food-related health support planning**

Our school / preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

**Working with families, health services & industry**

Our school / preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
  - newsletters
  - policy development/review
  - information on enrolment
  - pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

**Children with Nut allergies.**

- Our school promotes allergy awareness through our health curriculum.
- All staff are trained in first aid and can administer treatment if a student suffers an allergic reaction.
- Emergency procedures and individual's health plans are posted in a prominent place.
- Children in all classes are explicitly instructed regarding allergic reactions and precautions.

