

Healthy Food and Drink Policy



**Wellard
Village**

PRIMARY SCHOOL

Wellard Village Primary School Healthy Food and Drink Policy



Purpose

Principals are required to adopt a whole school approach to healthy eating within the school community. This policy outlines how our school environment will promote healthy eating within all aspects of our school context including our curriculum, eating times and our future canteen service. Our school will promote and utilise the food classification system or “traffic lights” in accordance with the Department of Education’s Healthy Food and Drink in Public Schools Policy.

Parents/carers will make decisions about their own child’s diet, food choices and lunchbox. We understand that different children have different dietary requirements, and their lunchboxes will reflect this. It is important to discuss any special requirements with your classroom teachers. If teachers have any concerns, they will contact the parent/carer to discuss. The staff at Wellard Village will encourage your child to eat what has been provided by the parent/carer and facilitate student choice about what they eat, when.

This policy has been developed in consultation with the WVPS School Board and in accordance with the Department of Education’s “Healthy Food and Drink in Public Schools Policy”. Any review or future changes will be made with the approval of the WVPS School Board.

Food Classification System: green, amber and red

Green food and drinks	Are a good source of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ)
Amber food and drinks	Have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ)
Red food and drinks	Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ)

Curriculum

Schools play a role in ensuring children understand the importance of making healthy food choices. A whole school approach helps students to develop knowledge, understanding and skills to support them to make healthier choices. Staff at WVPS will teach students the three key areas of the WA Health Curriculum, with a focus on healthy eating:

- Being healthy, safe, and active
- Communicating and interacting for Health and Wellbeing
- Contributing to healthy and active communities

At WVPS students will have opportunities to learn about making healthy food/drink choices through engaging in the Health Curriculum and participating in cooking activities in a range of curriculum areas. Staff are expected to reinforce healthy eating and drinking practices, take a positive and respectful approach, and address any related health concern with the child’s parent.

Where students are supplied food as part of classroom activities, ‘green’ and ‘amber’ foods will be supplied. Students will only be supplied ‘red’ foods on limited occasions and in small amounts, and only when it is essential to the learning experience. Staff will seek permission from the principal on these occasions and will notify parents/carers in advance of the activity and related food to be supplied. Staff will take note of any allergies which the school has been made aware of, prior to planning such activities.

Designated Eating Times

Students at WVPS will be part of a play and eat philosophy, where they play first and then eat. Students will eat in their classroom with their classroom teacher.

Eating times will be:

- Crunch and Sip 9.40am (or at time designated by the teacher)
- Waabiny 1 11am-11.10am
- Waabiny 2 1.30-1.40pm

Crunch and Sip

WVPS will adopt elements of the Health Promoting Schools Framework, including Crunch and Sip. Students will participate in a daily crunch and sip break **at 9.40am** or a time designated by their class teacher if this time is within specialist subject time (E.g., Physical Education). Participating in a daily Crunch & Sip break provides an opportunity for children to drink water and eat an extra serve of vegetables or fruit to support good health and to help with learning and concentration in the classroom. Crunch & Sip will be utilised by our school community to promote and increase student vegetable intake.

Planned Future Actions: Apply to officially become a Crunch and Sip School



Resources for parents/carers: [Home | Crunch&Sip® \(crunchandsip.com.au\)](http://Home | Crunch&Sip® (crunchandsip.com.au))

Celebrations

Celebrating students' birthdays or other special occasions is important and should be recognised in a special way, however, food treats provided by parents/carers are discouraged and will not be distributed by school staff to ensure the health and safety of all students. Occasional class parties to recognise a special event will be celebrated with fun games/activities and may include food options which align to the policy. Shared food provided from home is not permitted in consideration of students with allergies, financial consideration and all children's health and safety. This also extends to other significant celebrations including for example Christmas, where we discourage children bringing candy canes and chocolate elves etc. In the future, we will encourage our canteen service to provide a birthday service that meets the policy requirements, including birthday icy poles, cupcakes, muffins etc.

Whole School Rewards- PBS

WVPS will adopt the Positive Behaviour Support (PBS) approach to promote our behaviour expectations and school values: Courage, Compassion and Responsibility. Students will be acknowledged through a free and frequent system that will accumulate to team, class, and whole school rewards. As part of the PBS reward system, students may receive food and drink-based rewards that may include, for example, milo/hot chocolate, icy poles, popcorn and a short movie and a sausage sizzle. This will, however, be balanced with rewards that also promote an active lifestyle such as: extended play time, student vs teacher games, tug of war teams and organised games. In all instances, parents will be informed in advance of the reward, and allergy/cultural requirements will be considered.

Fundraising

Fundraising initiatives by the Parents and Citizen's Association will promote a consistent message with the school and consider healthy options which align to the Healthy Food and Drink in Public Schools Policy and Procedures.

Camps and Excursions

All food and drink for such events must be approved by the principal. However, 'green' and 'amber' foods are strongly encouraged.

Canteen

When our school canteen becomes operational, permission to use the school's premises for a canteen will only be granted on the basis that the Healthy Food and Drink in Public Schools Policy and Procedures are implemented. The principal will ensure that the canteen menu complies with the requirements detailed in the Healthy Food and Drink in Public Schools Procedures.

Canteen managers and/or employers will be required to complete 'traffic light' training or a higher standard of training, to work in the WVPS canteen.

Canteen staff will be required to complete Food Safe Food Handler training, to work in the WVPS canteen.

The canteen menu will promote a wide range of healthy foods and:

- consist of a minimum of 60% 'green' food and drinks.
- consist of a maximum of 40% 'amber' food and drinks.
- only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- contains no 'red' food and drinks.

How do you pack a lunchbox with goodness?

Each day children need:

- Something for lunch (main meal)
- Something for recess (mini meal)
- Something to munch (fruit or veg)
- Water to drink

If it's all healthy food, it doesn't matter what order the lunchbox is eaten in! Anything children reach for will provide them with long-lasting energy.

This means packing foods such as wholegrains, vegetables, lean meats and reduced-fat dairy as well as fruits and water to drink.

The Main

Pack a substantial meal from the five food groups. This can include a sandwich, wrap or alternatives such as sushi, pasta, curry, falafel or any dinner leftovers. Remember to add an icepack to keep food safe.

The Mini

Pack smaller portions of the five food groups. This can include slices of cheese, hard boiled eggs, homemade muffins, tinned tuna, popcorn, grainy crackers or dips.

The Munch

Pack any fruits or vegetables that your child enjoys. Pick seasonal to save money and encourage variety.

Water

Always pack water for your child.



Crunch&Sip® is also a great opportunity for children to eat extra serves of fruit and vegetables throughout the day. It all adds up!

