Nutrition in Schools Policy

At Ashbury Public School we endeavour to promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink. School canteens are required to implement the Fresh Tastes @ School – NSW Healthy School Canteen Strategy.

1. Objectives - Policy statement

1.1 Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.

1.2 The teaching of good nutrition 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. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible.

1.3 All school activities that involve the provision of food and drink to students should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy. This includes excursions, camps and school functions.

1.4 Where school activities involve the provision of food and drink to the wider school community consideration should be given to modeling and promoting healthy eating.

1.5 School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2nd Edition 2006).

1.6 Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for all canteens in NSW government schools. For example, sugar sweetened drinks that exceed the nutritional criteria for ‘occasional’ foods
outlined in the *Fresh Tastes @ School Canteen Menu Planning Guide*, are not permitted for sale in the school canteen.

1.7 All canteen operators are required to notify the NSW Food Authority of their food activity details. All canteens will provide a safe and hygienic food service and comply with *National Food Law, Food Safety Standards* (2002), *Food Act 2003* (NSW) and *Food Regulation 2010* (NSW).

2. Context

2.1 The health and wellbeing of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school. Ashbury Public School supports the following initiatives:

1. **Crunch and Sip**
   Crunch and Sip takes place in every classroom on a daily basis from K-6. It is a time when all children are encouraged to bring in a snack on fresh piece of fruit or vegetable.

2. **Filtered Water**
   Children have access to filtered water dispenser in the playground. This encourages children to refill their water bottles, reducing the amount of rubbish as well as encouraging the students with a healthier alternative of water.

3. **Nude Food.**
   Ashbury has adopted a ‘nude food’ incentive where the children are encouraged to bring food to school without wrappers, reducing the amount of rubbish in our environment.

3. Associated Legislation and Policies


3.2 This policy should be read in conjunction with:

- Student Health in NSW Public Schools: A summary and consolidation of policy
- Infection Control Policy and Guidelines (intranet only)
- Sponsorship Policy and Guidelines
- Curriculum Policy Standards
- Student Welfare Policy
4. Responsibilities and delegations

4.1 Principals and staff are responsible for ensuring the requirements of departmental policy, guidelines and relevant legislation are met. Principals are responsible for ensuring that school policies and practices are consistent with the nutrition in schools policy and are responsive to local needs, including cultural diversity.

5. Monitoring, evaluation and reporting requirements

5.1 The Principal will ensure the canteen operations are reviewed through use of the Making Your School Canteen Healthy Self Assessment Tool and Action Planner at least every two years.

5.2 School Education Directors will monitor the local implementation of this policy and report to the Regional Director.

5.3 The General Manager, Access and Equity, will monitor the state-wide implementation of this policy.