



### **Purpose**

The purpose of this policy is to:

- Outline strategies to promote healthy eating within the school in the classroom
- Outline strategies to promote healthy eating within the parent community
- Describe recommendations for provision of 'sometimes' foods at special occasions, class rewards, lunch orders etc.

### **Scope**

This policy applies to students, staff and parents of Teesdale Primary School. This policy is bound by the "School Canteens and Other School Food Services" Policy.

This policy states:

*Confectionery is of minimal nutritional value. From 2009, no confectionery should be supplied through school food services. The School Canteens and Other School Food Services Policy applies to food services within the school environment, for example school events such as celebrations and sports day, vending machines and foods used in curriculum activities.*

### **Policy**

#### **How the school will promote healthy lunchboxes and educate around healthy eating?**

**Teesdale Primary School will promote healthy lunchbox choices through the following methods;**

- Actively promoting 'nude food' as a healthy choice option for lunchboxes.
- Yearly inquiry unit for all classes Health Focus which will include education and developing students awareness of healthy food choices.
- Continuous promotion through SAKGP and growing, preparing and cooking of fresh fruit and vegetables to create healthy menu options
- Visual aids/posters will be displayed in every class
- At the commencement of each term healthy lunch boxes choices will be promoted in the school newsletter this will include *Pick & Mix Healthy Lunchbox Australia*
- The *Pick & Mix Healthy Lunchbox Australia* table will be included in every enrolment pack and sent out
- The *Australian Guide to Health Eating* poster will be displayed in classrooms as a point of reference.

### **Water at school**

All Teesdale Primary School students are required to bring water as their drink refreshment during school hours. Students will have access to their water bottle in class at all times. Water drinking fountains can be accessed by students during lunch time and recess. TPS discourages any other drink refreshment such as; juice box, cordial and flavoured milk.

## *Teesdale Primary School Policy*



### **Providing confectionary items on gazetted holidays**

In line with the School Food Services Policy confectionary will not be used to celebrate gazetted holidays at school. This includes teachers providing confectionary to students and students bringing items to share with other students.

### **Confectionary as a classroom reward**

Lollies and food will not be used as part of a classroom reward systems that promote positive behaviour. Teachers however have the discretion to use non-confectionary food in significant celebrations (e.g. a student leaving, popcorn watching a class movie etc).

### **Cakes/confectionary for student birthdays**

The School food Services policy states;

*Small amounts of confectionery products (for example, icing, glazes, choc chips and glacé fruit) can be used as a thin layer, topping or ingredient on or in a nutritious baked item/product.*

Classroom teachers will communicate with families at the beginning of the year any dietary or allergy requirements to families so they can consider inclusive options for birthdays. The school's Stephanie Alexander Kitchen garden facilitators will provide a range of cake recipes through the school newsletter, Facebook etc as options for families who wish to share a birthday cake.

### **Lunch orders**

Any canteen service utilised by the school must adhere to the School Canteen and School Food Services Policy. It will be the responsibility of school council to review any proposed canteen menu to ensure these guidelines are met.

### **Food Provided by Outside School Hours Care**

Food provided through the school's OSHC service will align with the 'School Canteens and Other School Food Services' policy, and any associated guidelines set out through the NQF (National Quality Framework).

### **Statement regarding communication and follow up of policy**

This policy will be reviewed bi-annually. Communication of this policy will be as follows;

- Parent induction/information sessions
- Staff induction information sessions
- An School Council approval an initial communication to community through school newsletter
- Annual reminders to family in the new school year through the newsletter.