

# Spring Gully Primary School

## FOOD

### POLICY

#### Rationale:

- Students eat regularly throughout the school day, but to ensure the health and safety of students and the cleanliness of the school grounds, eating needs to be managed appropriately.
- Healthy nutritional habits are essential to the growth and development of children.
- The school's canteen will reflect the principles of this policy and will comply with the policy provided by the Victorian Department of Education and Training (DET): *School Canteens and Other School Food Services Policy* and accreditation requirements of the Bendigo City Council.

#### Aims:

- To ensure that eating food at our school is safe and that the school grounds are not littered.
- To develop within students an informed appreciation of healthy eating habits,
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy, guided by the three food categories of Green, Amber and Red (as described in the *School Canteens and Other School Food Services Policy*).
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#### Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of a health promoting school. Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies. The school curriculum will include the benefits of healthy foods, exercise and a healthy lifestyle.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods e.g. the school's sustainable garden, other local fruit growing or local dairy industry promotions.
- This policy is guided by information provided on the DET Healthy Eating policy.
- The school canteen will promote a good selection of nutritious, tasty and attractive foods consistent with the current *School Canteens and Other School Food Services Policy (DET)*.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Fundraising activities as a whole will not focus on the sale of unhealthy foods.
- The Parent Club will be permitted to conduct an Easter Egg raffle and a School Fair which may involve the sale of some 'occasionally (Red) foods.
- Students are able to eat 'brain food' and drink water during classes. Brain food is unprocessed food. Brain food is fresh fruit and vegetables.

- Brain foods should be in clearly named plastic containers, must not require cutting or preparation, must not be messy, must be able to be eaten with fingers and must not contain nuts or eggs.
- Due to issues relating to anaphylaxis, allergies, diabetes etc, students are not to swap food with others and are not to be provided with food from the school unless parent permission has been obtained in writing.
- Parents ordering food from the school canteen will have access to information about ingredients of the food option they are ordering.
- For all cooking activities at school, teachers must provide parents with information about the activity, what is being cooked and the ingredients involved. Parents provide permission via Compass to allow their child to participate.
- If a child has not brought food to school, parents are to be contacted. Parents may give permission over the phone for a lunch to be supplied.
- School community members are discouraged from providing nuts or nut products to their children for any reason, due to the serious risk nuts pose for students with nut allergies.
- The school will develop a detailed anaphylaxis plan with the parent of a student who is anaphylactic. This plan will include strategies to prevent students being exposed to what causes an allergic reaction or anaphylaxis. See Anaphylaxis Policy.
- Students are not permitted to use chewing gums or bring confectionery or drinks with a high sugar content to school.
- For celebrations such as birthdays, Easter and Christmas, students are not permitted to consume products such as birthday cakes, Easter eggs and other confectionery at school.
- Students are to eat morning tea and lunch in a designated supervised area during eating times, in designated areas, and are not permitted to wander around the school eating food.
- Students who collect their order from the canteen during lunchtime must eat it in the designated outside quiet area supervised by the yard duty teacher.
- Rubbish bins will be placed in each classroom and strategically around the school.
- Students wandering the school and eating food will be managed in a manner consistent with the SGPS School Wide Positive Behaviour Matrix.
- The school canteen will only sell foods consistent with the school's Food Policy and *School Canteens and Other School Food Services Policy (DET)*.
- All school camps involving the supply of food will be approved by School Council, and should be consistent with the school's Food Policy.
- The school will work closely with camp providers to cater for students who suffer from allergies or anaphylaxis. Arrangements will be made to cater for these students well before the commencement of camp and in consultation with the parents (when required).

### **Attachments and References**

- The Australian Government 'Eat for Health' website:  
<https://www.eatforhealth.gov.au/>
- *School Canteens and Other School Food Services Policy (DET)*.
- SGPS Anaphylaxis Policy
- SGPS Canteen Policy

### **Evaluation:**

This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in...

**May 2020**