



# Jurien Bay District High School

## Healthy Food and Drink Policy

### Jurien Bay District High School's Healthy Food and Drink Policy

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

The Jurien Bay DHS *Healthy Food and Drink Policy*:

- is underpinned by the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.
- is compliant with the Department of Education's *Healthy Food and Drink* policy
- applies to classroom rewards, cooking activities, school camps and excursions
- applies to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

### Role of the school canteen

The Jurien Bay District High School canteen will

- provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable.
- reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

### School Canteen

A canteen policy will incorporate the policy on the provision of healthy food and drinks and be visible in the canteen alongside the Department of Education Healthy Food and Drink Policy.

The school will ensure the canteen menu promotes a wide range of healthy foods and that it:

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

### **Green Food and Drinks**

Are good sources of nutrients, contain less saturated fat and/or added 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 to excess energy (kJ).

Healthy eating at Jurien Bay District High School will be supported by;

- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN)
- offering a range of foods and taking into consideration Australia's multicultural society.

Childhood obesity is now recognised as a world-wide epidemic. Schools and their canteens are well placed to support healthy eating. A whole school approach can provide consistent messages through the curriculum, social and physical environments. The relationships between school, home and the community are key elements of health promotion in schools. Students, parents and teaching staff contribute to the canteen's promotion of healthy eating.

**To promote healthy food and drink choices Jurien Bay District High School will:**

- operate Breakfast Club
- ensure students participate in 2 hours of physical activity each week
- promote Crunch and Sip
- operate organised physical games during two lunch time breaks
- ensure a range of sports equipment is available during break times

## Procedures

The school will promote healthy eating within the school community and develop and implement a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for 'green' food and drinks mandated in the Department of Education Healthy Food and Drink Policy and which incorporates the following:

- students will be supplied only 'green' and 'amber' foods in school settings
- students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.

In addition, the school will:

- raise awareness of the need to consider those with medical care plans in place for food allergies
- educate the community about considering the needs of others
- provide the necessary training and procedures to cater for the needs of students with emergency care plans for food allergies
- require the assistance of the community to limit the amount of food in the environment which is common to food allergies
- prevent the sharing of personal food items
- restrict foods in class cooking activities to those with no allergy link to students

Healthy eating will be promoted by;

- including advice in the school newsletter
- organising whole school events such as health/nutrition campaigns/events, theme days, school breakfast events
- inviting appropriately qualified guest speakers to address students, parents and staff
- all classroom cooking activities will comply with the no 'red' foods policy
- no 'red' foods will be distributed on the school site, including those foods and drinks distributed by those providing extra-curricular activities on the school site – before and after school care, sports coaching (tennis) and the like

\* When parents provide foods to be shared during classroom activities, the best practice is that teachers inform parents prior to the event of the heating/cooling facilities available at the school to prevent contamination.

## Curriculum activities

The staff and community are aware of the influence schools and teachers have on forming the opinions and practices of students. As such, Jurien Bay District High School will not use sweets, lollies or unhealthy snacks as rewards for appropriate behaviour.

Furthermore, staff are also to avoid using unhealthy foods and confectionery in learning activities.

It is anticipated that on special occasions, such as Easter, curriculum activities may require the use of small amounts of confectionery. Teachers are to ensure that students are made aware of the place of confectionery within these celebrations, that any activities are linked to valid educational outcomes and that any use of confectionery is in moderation.

## School fundraising

Classes may, on occasion, embark on fund raising to assist with costs for excursions and camps. This Healthy Eating Policy prohibits the selling of 'red' foods in fund raising. This extends to: Chocolate Fund Raising, Cake Stalls, Ice Cream Sales, Sausage Sizzles, etc.

Staff must consult the Principal before embarking on any fund raising activities.

## P&C / Community Fund Raising

The Department policy states *"Parents and Citizens' Association fundraising is exempt from the requirement to only use 'green' and 'amber' food and drinks; however, consistent messages are encouraged."*

During the planning of out of school activities, the P&C will consult with the Principal on fund raising plans.

## **Policy to be reviewed Semester 2, 2017**

### Endorsement

We the undersigned, hereby certify that this policy was adopted at the annual general meeting of the parent body held on:

\_\_\_\_\_ the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_

President (School Board) \_\_\_\_\_

Principal \_\_\_\_\_