



Healthy Food and Drink Guidelines

Endorsed by School Council: 4th June 2013

Background

Food and drinks provided in Western Australian public schools are required to support the development of healthy eating in students. (Department of Education Healthy Food and Drink Policy: 2011)

Piara Waters Primary School promotes a whole school approach to educating students in healthy eating practices.

Role of Principal

- Ensure that the Australian Guide to Healthy Eating (AGTHE) is followed regarding the supply of food and drink. This includes classroom rewards, cooking activities, school camps and excursions.
- Work with the school community in order to determine healthy food and drink practices.
- Ensure processes and procedures regarding the management of Anaphylaxis follow those outlined in the **Anaphylaxis Management Guidelines for WA Schools**. Piara Waters Primary School promotes the following message: “Allergy-aware rather than nut-free”.
- Information will be provided to the school community in order for them to be aware of the risks associated with anaphylaxis and to implement practical, age-appropriate strategies to minimize exposure to known allergens.
- Provide information upon enrolment requesting that parents/guardians (K-7) do not include nut spreads in sandwiches or products containing nuts in the lunchbox.
- The principal is not directly responsible for fundraising by the P&C or birthday cake supplied by a parent.

Staff

- Provide information to all parents of their students regarding safe foods to be (eg nut-free products) brought to school. This will be conveyed to parents at the beginning of each year either through the class meetings or class newsletter.
- Model healthy eating practices and demonstrate how healthy foods can be introduced into the diet eg. Crunch and Sip
- Engage students in curriculum activities that promote the Australian Guide to Healthy Eating.
- Have regular discussions with students about the importance of washing hands, eating their own food and not sharing food.
- Identified students with Anaphylaxis: Casual/relief teachers should be provided with a copy of the student’s ASCIA Action Plan.
- Classroom cooking activities will involve students in preparing and tasting nutritious foods that are also appealing in taste and presentation.
- Red foods will only be included as part of the curriculum in line with the AGTHE (limited occasions and in small amounts).
- Provide information to parents regarding use of food classroom rewards, Crunch and Sip program and cooking activities.
- Provide information regarding healthy eating practices to parents via the school newsletter at least once per term.
- Ensure safe and hygienic preparation of food practices are followed at all times. Guidelines and practices preventing cross contamination of allergens are determined by staff and shared with parents.

Parents

- Ensure labeling of ingredients are included with food prepared at home for student consumption ie multicultural lunches, birthday cakes.
- Do not include nut spreads in sandwiches or products containing nuts in the lunchbox (specifically in those classes with identified Anaphylactic students).
- Provide appropriate information (health care planning) regarding food allergies to the school upon enrolment and ensure regular updates to this information if important details change.
- Fundraising activities which involve red food items will be limited to one per year.
- The role of the school canteen/food service is to provide a food service to students and staff that is part of a whole school approach that supports healthy eating, is affordable and financially sustainable. The Department of Education's Healthy Food and Drink Policy applies to all food and drink supplied to students during school hours.
- In 2013 the Piara Waters PS P&C Association will continue to work with Bletchley Park PS P&C Association in order to provide a canteen prepared lunch for students one day per week.

Reporting on Compliance

Schools are to demonstrate compliance through the Principal when required by the Director General or Regional Executive Director and report annually to parents via the school newsletter.

References

Anaphylaxis Management Guidelines for WA Schools

<http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policies-framework/guidelines/anaphylaxis-management-guidelines-for-schools>

Australian Guide to Healthy Eating

Accessed at <http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-pubhlth-publicat-document>

Healthy Food and Drink Policy

<http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policies-framework/policies/healthy-food-and-drink>