

Whole School Approach

Boyanup Primary School supports healthy eating, by adopting a whole school approach that gives a consistent message and is promoted through the curriculum, social, and physical environments.

We will adopt a whole school approach to promote healthy lifestyles through the following;

- newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages
- education of school community through workshops and events about healthy food and drink options
- non-food related fundraising initiatives
- school kitchen garden
- Crunch&Sip
- Nude Food Days
- positive rewards for healthy lunch boxes
- fundraising initiatives which promote physical activity such as Walkathons
- ensuring adherence to the weekly 2 hour minimum mandate for physical activity
- classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies
- encouraging children to take home uneaten food to ensure caregivers are aware of their eating habits during the school day
- use of cooler packs are encouraged during summer
- students are encouraged to drink plenty of water through the day especially during summer



Healthy eating will be supported by:

- Having available and promoting, during every cooking session, a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- Offering a range of seasonal foods and taking into consideration Australia’s multicultural society. Sourcing food and drinks that are produced locally (where possible), are not overly processed, do not contain additives, have low food miles and do not significantly contribute to the amount of waste that the school sends to landfill.
- Staff modelling healthy eating choices where possible



Healthy Food and Drink Policy

Statement of Policy

Food and drinks provided in Western Australian public schools are required to support the development of healthy eating in students.

Boyanup Primary School’s Healthy Food and Drink policy:

- is compliant with the Department of Education’s Healthy Food and Drink policy
- applies to classroom rewards, cooking activities, special events, school camps and excursions
- applies to the school canteen operated by the Parents and Citizens’ Associations, providing a food service to the school.

Policy Aims

- The School adopts a whole school approach to healthy eating within the school community.
- Food and drinks categorised as “red” will not be provided to students on the school site unless essential to the learning program.
- The Healthy Food and Drinks Policy will be implemented in conjunction with medical care plans for students with allergies to a wide variety of foods.
- A canteen policy will incorporate the policy on the provision of healthy food and drinks



Contents

Procedures.....	2
School Canteen.....	2
Promoting Healthy Eating.....	3
What are Green, Amber & Red Foods?.....	3
Whole School Approach.....	4

Useful Websites for Families

<http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policies-framework/policies/healthy-food-and-drink-policy.en?cat-id=3457102>

<http://www.waschoolcanteens.org.au/pages/starchoice/01-starchoice.htm>

<http://det.wa.edu.au/healthyfoodanddrink/detcms/navigation/information-for-schools/>

http://wahpsa.org.au/?option=com_content&task=view&id=14&Itemid=25

Procedures

The school will promote healthy eating within the school community; where

- the provision of healthy food and drinks meet, or preferably exceed, 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

The school will also:

- 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.

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 Health 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;
- contains no ‘red’ food and drinks.



Promoting Healthy Eating

Healthy eating will be promoted by;

- adopting the Health Promoting Schools Framework which is a planning framework for schools that includes the physical, social and emotional needs of all members of the school community; with members working towards providing students with positive experiences and structures that promote and protect health;
- including advice in the school newsletter;
- organising whole school events such as a health/nutrition campaign/events, theme days, school breakfast events; and
- 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.
- Parents and Citizens’ Association fundraising is exempt from the requirement to only use ‘green’ and amber’ food and drinks however consistent messages are encouraged.
- 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



What are Green, Amber & Red Foods?

GREEN FOOD AND DRINKS

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