



## **BSPS HEALTHY EATING & DRINKING POLICY BRUNSWICK SOUTH PRIMARY SCHOOL**

<b>Policy Implementation Date</b> February 2023	<b>Review Date</b> February 2026	<b>Responsible for Review</b> Policy Subcommittee
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### **Rationale**

- Brunswick South Primary School (BSPS) is committed to a *whole-school approach* to healthy eating and good nutritional practices. This is in line with the nutrition policies and guidelines for school developed by the Department of Education and Training (DET) – “School Canteens and Other School Food Services” and is also in line with the World Health Organisation which encourages schools to take a health promoting schools approach to support healthy eating.
- Healthy eating and drinking covers all situations where food and drink is supplied in the school environment including: school camps, fundraising events, classroom rewards, school excursion, school activities such as celebrations and sports days, food used in curriculum activities and in the OHSC program.
- BSPS acknowledges that healthy eating and drinking practices are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. The school has a role to play in creating a healthy eating environment and awareness of healthy eating habits. The school culture will promote this understanding, while recognising that this is a complex area with a wide range of needs and views.

### **Principles**

- The general school culture is important in developing lifelong habits. Healthy nutritional habits are essential to the growth and development of children. Chronic illness and obesity are associated with poor dietary habits, which may be established in childhood. Childhood obesity is an increasing problem for Australian children
- It is important that parents, teachers and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and drinks and a healthy lifestyle.
- It is important that children are not exposed to allergenic foods to which they have a reaction.

- Food, eating and drinking are important parts of festivities and special events, as well as parts of ordinary daily living.
- Children should never be made to feel bad about the food that they bring from home.

## Goals

- Children will choose to eat healthy foods and drink healthy drinks and choose minimal value foods only occasionally, e.g. foods that are high in sugar, saturated fat and salt and provide little or no nutritional value.
- Parents and carers will endeavour to provide healthy foods and drink in children's school bags.
- All children, staff, parents and carers will understand the importance of abiding by classroom rules around only eating allergenic foods in designated areas, e.g. in nut club.

## Strategies

The World Health Organisation (1996) states "A health-promoting school is a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health."

## Curriculum, teaching and learning

To integrate healthy eating, nutrition and healthy drinking education into all year levels through the provision of learning opportunities as outlined in the Victorian Curriculum:

- 1) Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- 2) The curriculum assists students to appreciate the cultural and historical contexts of food access and restrictions.

## Classroom and Grounds

To integrate healthy eating, nutrition and drinking concepts in all classrooms by:

- Teachers will notify children, their parents and carers at the start of each year about allergenic foods in each classroom and the guidelines that have been put in place to ensure the safe eating of these to reduce exposure to those students who may be adversely affected by them. See Anaphylaxis Policy.
- The school will supervise the consumption of student lunches and snacks in classrooms and implementation of anaphylaxis prevention strategies as per the Anaphylaxis policy. See Anaphylaxis Policy.
- Sharing food from lunchboxes is a practice that should be discouraged in classrooms or in the playground due to the heightened risk of allergic reactions to foods or anaphylaxis issues.

- The school will allow and promote children to sit and eat their lunch at tables with their peers and consume as much as they can before they go out to playtimes. The minimum time spent eating their main meal will be 15 minutes. Students are dissuaded against taking their lunchboxes into the playground for fear of exposing allergic children to allergenic foods
- Lollies or confectionary should only be used in the classroom for educational purposes. E.g. Victorian Curriculum outlines lessons where Smarties and Tiny Teddies are used as a part of the lesson format, but these should be used sparingly.
- Lollies, confectionary and drinks should not be given to students as a reward for good work, efforts or behaviour as this counteracts the policy outlined by the DET.
- BSPS will ensure that a supply of fresh, clean and cold drinking water facilities are available at the school at all times.
- Staff will ensure that students will have access to their fresh water bottle as they required across the school day.
- Encouraging the consumption of fruit and vegetables rather than pre-packaged snacks, as in line with the Eating Well Strategies outlined by Australian Government Department of Health and Ageing – see Nude Food promotion
- Encourage students to eat a healthy breakfast and encourage them to eat a piece of fruit or vegetable as part of fruit snack time each school morning in order to promote active learning.
- Staff members and teachers will be encouraged to model healthy eating habits whilst at school and in the classroom environment.
- Staff are to inform the Principal of students who appear to be provided with inadequate lunches. When children come to school without lunch they will have access to healthy food in a manner, which is non-stigmatising. The Principal will investigate strategies with the family (and relevant services) to address food insecurity and support.
- Teachers with concerns about the nutritional values of students' lunches will work sensitively and respectfully in partnership with the Principal and parents to address concerns.
- Provision of food at class parties will be managed by the classroom teachers to ensure that the majority of foods available are in line with the school's healthy eating policies.

### **Fundraising Events at BSPS**

BSPS participates in a range of special events and community events throughout the year and has a role to educate families about food and nutrition to encourage healthier eating habits at home and school by:

- Recommending that the organisers of these special events include healthy alternatives from which parents and students can choose.

- Provide culturally appropriate food choices that reflect the community in which the school exists, e.g. Halal, Vegetarian, Kosher and or fasting during Ramadan. Culturally inclusive foods will be offered at school events e.g. halal meats at sausage sizzles.
- Fund raising activities will limit the number of events utilising ‘sometimes/occasional or red chart’ foods (see further information in Appendix 1 around these classifications) that do not complement our healthy foods philosophy e.g. chocolate bars, icy poles, cakes and confectionary to one per term.

### **Lunch Orders**

- Lunch ordering is offered by an external provider but provides foods that fall in line with the whole-school approach to healthy eating and good nutritional practices that the school supports.
- Parents are able to currently access online lunch orders through D1 UNO using the QKR App.
- The outsourced lunch providers will not sell soft drinks or lollies.
- This external provider complies with food service guidelines around hygienic food handling practices and policies. See External Providers Policy

### **OHSC Care**

- OHSC is provided by an external provider (Camp Australia) and provides breakfast and afterschool snacks that that fall in line with the whole-school approach to healthy eating and good nutritional practices that Nutrition Australia provides for OHSC services.
- This external provider also complies with the guidelines for hygienic food handling practices and policies.

### **Nude Food**

BSPS actively promotes the concept of Nude Food and encourages all students to bring a healthy lunchbox free of packaging to school for lunch or snacks. Nude Food is environmentally sound in that it reduces the amount of packaged foods that students might bring to school to eat and brings awareness to good food choices.

### **Evaluation**

This policy will be reviewed as part of the school’s three-year review cycle or more often if necessary due to changes in regulations or circumstances.

## **Links and related policies**

- [BPSP Anaphylaxis policy](#)
- [BSPS External Providers Policy](#)
- [World Health Organisation](#)
- [Nutrition Australia guidelines around “School Canteens and Other School Food Services”](#)