School Nutrition Policy

Rationale:
At Wisemans Ferry PS we promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink. This policy encompasses all instances where food is served or used at school including – food as a reward, special events and celebrations, school lunches, social events involving students, read and feed etc.

Intended Audience:
- Whole school community

Objectives
1.1 Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.

1.2 Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for all canteens in NSW government schools.

1.3 All sugar sweetened drinks that exceed the nutritional criteria for ‘occasional’ foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, are not permitted for sale in school canteens and school vending machines at all times.

1.4 The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible.
1.5 All school activities that involve the provision of food and drink to students should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

1.6 Off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

1.7 Where school activities involve the provision of food and drink to the wider school community consideration should be given to modelling and promoting healthy eating.

1.8 All canteen operators are required to notify the NSW Food Authority of their food activity details. All canteens will provide a safe and hygienic food service and comply with National Food Law, Food Safety Standards (2002), Food Act 2003 (NSW) and Food Regulation 2010 (NSW).

1.9 Schools with preschools are required to follow the protocols of the Children’s Services Regulation 2004 (clause 68) ensuring that students are exposed to healthy eating practices.

1.10 School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2nd Edition 2006).

School Lunches

As there is not currently a school canteen, students are permitted to order lunches from the local shop (Bush Bites). A current menu is attached. Items available for students to order should be found in the ‘Green’ Fill the Menu section of the Canteen Menu planner (attached). These foods could include sandwiches with healthy fillings, fruit, salads, juices (low sugar) and milk drinks. Up to twice a term students are permitted to order ‘less healthy’ items from the ‘Amber’ Select Carefully section and ‘Red’ Occassional Foods section of the Canteen Menu. This complies with the Healthy Canteen and DEC Nutrition guidelines.