



Onslow School Food & Drink Policy

Onslow PS Food and Drink Policy is developed in line with the Western Australian Department of Education's Healthy Food and Drink Policy and Standards. Full details can be located at the Department of Education's website.

In summary, the standard rates food and drink for suitability with consideration of nutritional value and levels of salt, fat and/or sugar. The Healthy Food and Drink Policy details that foods in the **GREEN** category are healthy and should be encouraged and promoted. **AMBER** foods should be selected carefully and eaten in moderation. **RED** food and drinks are off the menu and will not be available in public schools.

DEFINITIONS:

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).

Rationale

Food preferences become established following our experiences with food and eating. Children are exposed to many different messages regarding food from a very early age. Onslow PS aims to provide a school environment that teaches good eating choices and physical activity patterns for long-term health. With this in mind the following strategies will be implemented.

Use of Food in the Classroom

- Foods including sweets, lollies and chocolates, shall not be used as a form of reward in the classroom.
- Cooking in the classroom is recognised as a valuable learning experience and is encouraged. At the discretion of the individual teacher, food may also be incorporated into other parts of the academic curriculum (i.e. as a teaching aid in maths).
- In some circumstances there may be the need for the use of food in the learning program that does not meet the requirements of the Traffic Light Policy. In such instances, approval from the Principal is required.

Crunch & Sip

- Crunch & Sip is a set break to eat fruit or salad vegetables and drink water in the classroom. Each day students bring their own fruit or salad vegetables to school (if cut fruit or vegetables, in a sealed container or bag) to eat in the classroom at a set time (or at the discretion of the teacher) to 're-fuel' - assisting physical and mental performance and concentration in the classroom. Each child also has a bottle of clear water in the classroom to drink throughout the day to prevent dehydration.
- Fruit and vegetables are not to be taken to specialist classes.

Responsibilities of Parents

It is expected that parents provide their child with a healthy lunch that is based on the Healthy Food and Drink guidelines. It is assumed that all parents provide their children with a healthy and nutritious breakfast and lunch that will sustain them throughout the school day.

Guidelines for lunch boxes and drinks

An ideal lunch box should consist of mainly 'green food' choices. Please note it is an expectation that all children are provided with unflavoured water to drink throughout the day. Ideas for lunchboxes can be found here: <https://livelighter.com.au/LiveLighter-for-Families/At-School/Lunchbox>

Responsibilities of Teachers

All children are taught about the Food and Drink policy in the classroom and healthy eating practices are strongly encouraged and monitored by teachers. When eating in front of children, teachers are also recommended to lead by example and make healthy food choices.

Guidelines for External Providers (extra-curricular activities)

All external providers who work on site with children from the school are provided with the schools food and drink policy and must meet criteria set by the school.

Guidelines for Student's Birthdays/Class Parties

Birthdays – Cupcakes or birthday cakes are allowed on a student's birthday. The passing out of lollies or lolly bags will not be permitted. Parents must liaise with the classroom teacher in regards to any allergies in the class.

Class Parties - Class Parties are only to celebrate the end of the school year, unless special permission is given by the Principal. Teachers will provide a system that encourages parents to bring healthy food choices when parties are being held.

Use of Food within the School:

All foods used within the school are to comply with the Food and Drink policy; with the exception of birthdays.

Fundraising

On occasions the P&C may call for food fundraisers for the school. In such instances, Principal approval must be sought.

Allergy Awareness

Onslow PS is allergy aware. As such the following strategies are in place to take into consideration any allergies students may have:

- No sharing of foods during school break times
- Parents to liaise with the classroom teacher in regards to ensuring birthday cakes/cup cakes are suitable for the class
- Students with allergies have a completed Health care plan. All staff are made aware of plans
- Specific individualised strategies will be put in place for students with severe allergic reactions.

Review

This policy will be reviewed annually.