



LEINSTER

COMMUNITY SCHOOL

HEALTHY EATING GUIDELINES

Leinster Community School encourages all staff, students and community members to have pride in themselves and their school. Our five keys to success; confidence, persistence, organisation, getting along and resilience are central to all school pursuits, including the choice of healthy foods.

Rationale

In 2006, following the Australian Better Health Initiative, a set of Policy and Standards were developed for the supply of food and drink to students in WA schools. The Policy categorises food and drink into three groups:

- Red, those items not to be available in schools;
- Amber, those items to be served in moderation; and
- Green, those items which are healthy and promoted by the school.

Schools are to try and achieve a supply ratio of 3:1 for Green and Amber foods.

Purpose

1. To provide guidance to staff, students and the wider community on the provision and promotion of healthy eating choices.
2. To establish a set of guidelines to assist staff in the planning of curriculum activities.
3. To establish a set of guidelines for the school, P & C and wider community to assist with the planning of fund raising and community activities.
4. To ensure we meet the requirements of DoE's Healthy Food and Drink Policy and Standards.

Procedures

1. Healthy Food Choices

Healthy food options are available through the tavern who supply our school lunch orders. The Menu will be shared through the newsletter.

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2. Guidance to Staff

The provision of educational activities which promote healthy lifestyle choices are an essential early intervention in the prevention of later societal health problems. We will provide activities which promote healthy choices through classroom Health and Physical Education lessons and through whole school Healthy Choice initiatives such as:

- Crunch and Sip,
- 2 hours of physical activity per week,
- Healthy lifestyle choice topics in classroom programs.

It is expected that staff will model healthy practices by refraining from the consumption of red foods whilst in the company of students.

3. Guidelines for Curriculum Activities

Food and drinks categorised as 'red' will not be provided to students unless essential to the learning program.

On special occasions, such as Easter, curriculum activities may require the use of small amounts of confectionery. Teachers are to ensure that students are made aware of the place of confectionery within these celebrations and that any use of confectionery is in moderation.

4. Student Celebrations

Leinster Community School acknowledges that celebrations, such as birthdays, are often accompanied by the consumption of red foods. The school staff will take an educative role in informing the community of the inhibitory nature of excess sugar on students' ability to attend to learning and actively discourage the distribution of confectionary on school premises.

The holding of class parties has become common practice to celebrate the conclusion of a school year. Staff will work with the community to ensure such celebrations do not include the consumption of Red foods, particularly soft drinks and lollies.



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5. School Fund Raising

Classes may, on occasion, embark on fund raising to assist with costs for excursions and camps. This Healthy Eating Policy prohibits the selling of Red foods in fund raising. This extends to: Chocolate Fund Raising, Ice Cream Sales, etc. Staff must consult the School Administrative team before embarking on fund raising activities.

Students have, at times, raised funds for clubs and associations through the sale of confectionary at school. This is contrary to DoE's Healthy Eating Policy and will not be allowed.

P & C/Community Fund Raising

The Department Policy states "those activities organised outside of the direct responsibility of the Principal are not required to adhere to the policy or standards, for example, fundraising by the P&C and school fetes. However, the Principal is required to consult with the school community in deciding the policy for healthy food and drinks."

The P&C must consult with the School Administrative Team on fund raising plans.

Reporting

It is a reporting requirement to complete the Department of Education annual Healthy Food and Drink policy survey.

The Department of Education, as part of the School Review Process, may ask Leinster Community School to demonstrate that they are complying with the Department Healthy Food and Drink policy.

Definitions

Red food and drinks: Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute to 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).



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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).

Ratified and endorsed by the School Board on Wednesday 12th August, 2020



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