

# NORTHAM PRIMARY SCHOOL

## Healthy Food and Drink Policy

### Rationale

At Northam Primary School we believe in a whole child approach to education that ensures students physical, social and emotional wellbeing is healthy and positive. After students' families, schools have the most daily contact with students and play an integral role in ensuring that they are healthy. Communities and schools are well informed of the links between student health and achievement. By promoting a healthy environment and providing support services as needed, schools can help create a positive lifestyle for young children.

Schools are required to adopt a whole school approach to healthy eating within the school community. Fundamental to this is the implementation of strategies which inform, support and promote healthy eating within the guidelines of the Department of Education Policy for Healthy Food and Drinks in Schools 2014.

### Procedures

The school will promote healthy eating within the school community; and develop and implement a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, 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., including classroom rewards, classroom cooking activities, school camps and excursions
- Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.
- Teachers will not use 'red' foods as class reward systems unless specifically approved by the Principal and/or is part of a plan developed by Assoc. Principals.

In addition, the school will:

- 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.

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.
- Inviting appropriately qualified guest speakers to address, students, parents and staff.
- All classroom cooking activities will comply with the no “red” foods policy.
- Food brought to school by parents has direct implications for this policy, food preparation requirements of the Department of Education Healthy Food and Drink Policy as well as the potential for impact on a large number of students with a wide variety of allergies.
- 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.
- Birthday celebration treats need to be discussed with the teacher prior to the birthday in relation to allergies and food intolerances. All foods brought in must have a list of ingredients. Due to the requirement for food safety handling procedures staff are unable to cut and serve therefore individual serves are essential. i.e. cupcakes, icy poles, individual ice-creams. Chocolates and lollies are not to be brought to school as birthday treats.

### **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).

## School Breakfast Program (SBP) - Breakfast Café

Northam Primary School runs an all-inclusive breakfast club, 5 days per week. It allows all students to participate without feeling that they are drawing attention to themselves. It offers pastoral care opportunities, allowing staff to freely mix and chat with students in a non-threatening, informal environment.

### Planning and Maintenance:

The Breakfast Café is situated in the old canteen area of the school. Tables and seating is provided for students to sit and eat. All staff are encouraged to volunteer their time to the running of the Café. Foodbank WA supplies staple foods on a regular basis along with donations from local businesses and parents.

### Human Resources:

The school has a SBP Coordinator who runs the program. The Student Captains and senior students have rosters to assist in the Breakfast Café. The school appreciates the parent volunteers who regularly assist.

### Times of Operation:

The Breakfast Café operates 5 days per week from 8:15am until 8:35am.

### Food Safety:

Safe food handling is very important and all possible care is taken with the hygiene for food preparation, serving and storage in accordance the Schools Canteen regulation and with and COVID 19 health regulations being adhered to.

*Students with food allergies and intolerances are identified and the NPS Allergy action plans are followed.*

### Hygiene:

SBP coordinator will ensure the below is displayed in the Breakfast Café kitchen.

- Wash hands as per *Healthy WA How to Wash Your Hands*.
- Ensure all food areas. Equipment and utensils are cleaned before and after use.
- Wash all fruit and vegetables thoroughly before preparing.
- Protect kitchen areas and food from pests, insects and other animals.

*The school will ensure a copy of this policy and a copy of the Education Departments Healthy Food and Drink Policy is displayed in the Breakfast Café.*



## School Canteen

The 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.
- Only offers savoury commercial products that are 'amber' foods a maximum of twice per week.
- Contains no 'red' food and drinks.

### School's canteen/food service will:

- The school canteen is managed by the P&C Executive committee.
- Provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable.
- Reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

### Menu planning

#### School's canteen/food service menu will:

- Include a minimum of 60% GREEN menu choices<sup>1</sup>.
- Include a maximum of 40% AMBER menu choices<sup>2</sup>.
- not make available food and drinks that do not meet specified minimum nutrient criteria (RED)<sup>3</sup>
- Limit savoury commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.

#### School will be supported by:

- Changing the menu according to the summer and winter seasons.
- Having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- Offering a range of foods and taking into consideration Australia's multicultural society

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<sup>1</sup> GREEN menu choices must make up a minimum of 60%. Source: Department of Education's *Healthy Food and Drink policy*

<sup>2</sup> AMBER menu choices must not exceed 40%. Source: Department of Education's *Healthy Food and Drink policy*

<sup>3</sup> RED menu choices lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ). Source: Department of Education's *Healthy Food and Drink policy*

### Whole school approach

School and the canteen/food service will work together to support healthy eating. Adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.

School will adopt a whole school approach to promote healthy lifestyles through the following:

- Daily fitness programs.
- Newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages.
- Non-food related fundraising initiatives.
- Fundraising initiatives which promote physical activity such as lapathons

### Food safety and hygiene

The Food Act 2008 (WA) and the Food Regulations 2009 (WA) require that:

- All food services apply for registration with the local council as a food business (a fee may be applicable);
- Schools notify the local council prior to conducting a charitable or community event involving food (ie a cake stall or sausage sizzle); and
- Food prepared for sale is only made in approved premises, for example a food business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a canteen.

The Australia New Zealand Food Standards Code requires that:

- Food handlers' personal hygiene practices and cleanliness minimise the risk of food contamination. Risks can be minimised by the wearing of hats, hairnets and aprons provided by the canteen/food service.
- The preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

### Occupational health and safety

The canteen/food service at Northam Primary School is a workplace and will comply with the *Occupational Safety and Health Act 1984 (WA)* and *Occupational Safety and Health Regulations 1996 (WA)*. The Department of Education has a number of policies and procedures related to health and safety. Some of the requirements include:

- All canteen/food service staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency.
- All canteen/food service staff and volunteers to wear enclosed footwear. Shoes with heels or, open sandals are not acceptable.
- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity.
- Only canteen/food service staff and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours.
- Young children accompanying paid workers, or volunteers and enrolled students working in a canteen, could constitute a hazard. The Occupational Health and Safety Act 1984 requires all practicable measures are taken to minimise exposure to hazards in a workplace.


## Distribution of the Policy

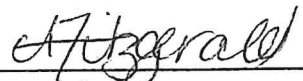
A current copy of the Department of Education's Healthy Food and Drink Policy and Northam Primary School's policy will be on permanent display in the canteen/food service area.


A copy of the current NPS Healthy Food and Drink Policy (signed and dated) will be provided to all canteen/food service committee members at the first committee meeting following the P&C Annual General Meeting.

This policy shall not be added to, or amended, without being approved by the School Council.

Signed:

P&C President   
Name Elizabeth Osborne Date 17/3/2021

School Council Chair   
Name Angela Fitzgerald Date 17/3/21

Principal   
Name Mark Donaldson Date 17/3/21