



## Policy Statement

REVIEWED 2014; 2016; 2019

### Healthy Eating and Nutrition

#### Rationale

St Andrew's Catholic Primary School acknowledges the need to educate students about the value of a balanced and nutritious diet. Children who eat a healthy diet are more likely to become healthy adults and have a reduced risk of many diseases. A wide range of foods should be eaten so that children have the energy for learning and growing. Our school and canteen are well placed to support healthy eating and in fact have a vital role to play in educating children to develop life-long healthy eating habits.

#### Principles

1. St Andrew's Catholic Primary School recognises the importance of educating students about the benefits of a healthy and balanced diet.
2. St Andrew's Catholic Primary School will adhere to the Government of Western Australia's, Better Health Initiative guidelines.
3. St Andrew's Catholic Primary School will work in partnership with parents, who are the primary caregivers, to promote healthy eating habits.
4. Involving teachers, parents and older children (each important role models) in any healthy eating training will ensure that children receive consistent messages both at home and at school.
5. Nutrition and physical activity messages are being taught in at St Andrew's to promote healthy lifestyles. The new standards for healthy food and drink choices in our school is consistent with these curriculum messages and will apply to canteens and food services, school camps and excursions.
6. The teachers at St Andrew's play a valuable role in communicating and supporting the healthy eating message, especially through the adoption of a whole school approach to healthy eating. Within a health promoting school consistent messages about healthy eating are communicated through all aspects of school life – the classroom, the curriculum, school breaks, school lunches and physical activity.
7. The Canteen menu will be consistent with existing Government nutritional policy and future recommendations from the Catholic Education Office.
8. A new, easy-to-follow 'traffic light' system has been introduced to help St Andrew's Catholic Primary school plan menus full of healthy, nutritious and affordable food and drinks.

9. The new standards require that foods in the **GREEN** category are encouraged. St Andrew's will aim to fill their menus with these healthy foods. **AMBER** foods should be selected carefully and eaten in moderation. **RED** food and drinks are off the menu and will not be available from the St Andrew's canteen.
10. Star Choice Products will be used in the St Andrew's Catholic Primary School canteen to promote food being available that supports the consumption of a diet consistent with the Dietary Guidelines for Children and Adolescents and the Australian Guide to Healthy Eating.

## **Procedures**

1. Low fat alternatives to cheese, ham, sausages, pies, and sausage rolls will be used.
2. Drinks low in sugar will be the only varieties offered.
3. The National Heart Foundation Guidelines of less than 10 grams of fat per 100 grams will be followed.
4. Teachers will promote and encourage healthy eating habits through formal education and guidance.
5. When holding class parties, ensure most of the food and drink content is healthy.
6. The school community as a whole is aware of the range of food allergies, and adopts a allergy aware approach.
7. Active participation in physical activities, both structured and informal will be promoted and encouraged.