

	<p>Policy: Healthy Food and Drink Choices Policy</p> <p>Sub-Committee: Principal</p> <p>Originally Released: 2019</p> <p>Date for Review:</p>
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1. Rationale

The human person, though made of body and soul, is a unity... The human body shares in the dignity of the image of God: it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit.

'Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue' (Mandate, 6). Students in Catholic schools are educated to understand that they are physical/spiritual beings in relationship with God. Catholic schools encourage students to make responsible choices for their lives including healthy food choices.

Catholic schools have a legislative responsibility to provide appropriate levels of care to students in the education environment

2. Definitions

Nil

3. Scope

This policy applies to all St Clare's School, Lathlain Staff and Students.

4. Principles

- 4.1 A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents and the broader community about the value placed on human life.
- 4.2 It is important that parents, staff members and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle.
- 4.3 Nutritional food at affordable prices is the main focus when providing food to students in school communities.
- 4.4 Healthy breakfast choices, morning tea and lunch provision complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that may extend into the wider family and community.
- 4.5 The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.

- 4.6 School communities and others supplying food in schools comply with the CECWA Occupational Safety and Health in Schools policy in order to provide safe handling, preparation and serving of food.
- 4.7 Schools communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

5. Procedures

- 5.1 St Clare's, in consultation with the school community, including the Home Economics Assistant, volunteers and other interested members of the school community, shall develop a culturally inclusive school based Healthy Food and Drink Choices policy which references the Anaphylaxis Management Guidelines for Schools
- 5.2 The Principal shall ensure that appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention.
- 5.3 St Clare's School shall promote a wide range of healthy and nutritious food and drinks and follow the minimum standard required to ensure that menus follow the 60% 'green' and 40% 'amber' food and drinks, according to the traffic light system in Appendix C of the Department of Education and Training Healthy Food and Drink Policy.
- 5.4 St Clare's staff will use the Star Choice Buyers' Guide, which is a register of all products that meet minimum nutrient criteria for the food type as a resource for planning menus and making decisions about serving sizes, where appropriate.
- 5.5 St Clare's staff will see advice from the Western Australian School Canteen Association and local health professionals on menus and products suitable for use in schools, where appropriate.
- 5.6 St Clare's will provide free healthy breakfast choices to students who arrive at school in time to finish the meal before 9.15am.
- 5.7 St Clare's will provide a nutritious morning tea free of charge to all students each day.
- 5.8 St Clare's will offer a low cost, healthy and nutritious lunch to students each day. Cost will not be a barrier to student's receiving the lunchtime meal. Students and are encouraged to participate in the lunch time meal to encourage a sense of community and to normalise healthy food choices.
- 5.9 Student may bring a substitute healthy meal or snack to school after a meeting with the Principal and a member of the Student Support Team, to discuss the reasons the student cannot participate in the community lunch and/or morning tea.
- 5.10 All staff are mindful of the Healthy Eating Policy when providing rewards in the classroom, and packed meals and snacks for excursions.

6. References

Bishops of Western Australia 2009, Mandate Catholic Education Commission of Western Australia: 2009- 2015

The Department of Education and Training, 'Healthy Food and Drink Policy', Appendix C
<http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policiesframework/policies/healthy-food-and-drink>

Western Australian School Canteen Association, 'The Star Choice Buyers' Guide'
available at www.waschoolcanteens.org.au

7. Related Documents

CECWA Occupational Safety and Health in Schools policy.

The Australian Guide to Healthy Eating and the National Dietary Guidelines for Children and Adolescents in Australia (2003)

Anaphylaxis Management Guidelines for Schools: Department of Health 2010 accessed at
<http://www.health.wa.gov.au/anaphylaxis/roles/schools.cfm>
<http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK1%20Canteen.pdf>
<http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK2%20Canteen.pdf>

Food Act 2008 (WA)
Food Regulations 2009 (WA)
Occupational Safety and Health Act 1984 (WA)
Occupational Safety and Health Regulations 1996 (WA)
School Education Act 1999 (WA)
Civil Liability Act 2002 (WA)
Disability Discrimination Act 1992 (Cth)
Equal Opportunity Act 1984 (WA)

8. Related Proformas and other Forms

Nil.

9. Review History

Year of Review:	Reviewed by:	Amendments/Review
Created 2019		Originally released

10. Next Review

Year:	Sub-Committee Responsible
2022	