

# WALKERVILLE PRIMARY SCHOOL

## *Right Bite* Food Supply and Nutrition Policy

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### Rationale

This school promotes safe, healthy eating habits in line with the ***Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Schools and Preschools*** and relates to the Department for Education (DfE) wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

1. Maximise growth, development, activity levels and good health.
2. Minimise the risk of diet related diseases later in life.
3. Contribute to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- school staff model and encourage healthy eating behaviours
- a safe, supportive environment for all children is provided for the consumption of food
- parents and caregivers are encouraged to supply healthy foods for their children at school that fit within the *Right Bite* strategy.

This food policy has been established after consultation with staff and parents within the school community and encompasses the whole school, including Outside School Hours Care.

### Curriculum

Our school's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating*
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the Australian Curriculum where possible

### The Learning environment

Children at our school:

- have fresh, clean tap water available and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the school garden to learn about and experience growing, harvesting and preparing nutritious foods

Our school:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

### Food supply

Our school:

- encourages healthy food and drink choices for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the school community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive

- ensures a healthy food supply for school activities and events in line with the *Right Bite* strategy
- displays nutrition information and promotional materials about healthy eating
- has the following guidelines for families for food brought from home or provided by staff within school time:

#### Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

#### Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices in line with the *Right Bite* strategy
- staff will ensure that food provided to children by the school is in line with the *Right Bite* strategy
- the school will work with the Department for Education and *Subway Restaurant* to ensure that *Subway* lunch orders are in line with the *Right Bite* strategy.

#### Food safety

Our school:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite* Strategy
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff
- is aware of the hazard posed to some children by nuts and minimises nuts and products containing nuts at the school
- is also aware of hazards posed by other foods which may cause an allergic reaction in people at school.

#### Food-related health support planning

Our school:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

#### Working with families, health services & industry

Our school:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite* Strategy through a variety of ways including:
  - newsletters
  - information on enrolment
  - pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

Staff at Walkerville Primary School thank you in advance for your support of and cooperation with this policy.

#### Policy review

The Governing Council and staff regularly monitor and review the effectiveness of the *Right Bite* policy (at least every three years) and revise the policy when required.

For further information regarding the *Right Bite* Strategy, please refer to:

[https://www.education.sa.gov.au/sites/g/files/net691/f/easy\\_guide\\_to\\_healthy\\_food\\_and\\_drink\\_supply\\_in\\_sa\\_schools\\_and\\_preschools.pdf](https://www.education.sa.gov.au/sites/g/files/net691/f/easy_guide_to_healthy_food_and_drink_supply_in_sa_schools_and_preschools.pdf)

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