

## Right Bite Healthy Food Supply and Nutrition Policy of: TRURO PRIMARY SCHOOL

### 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 Preschools and relates to the DECS wellbeing strategy. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

This food policy has been established after consultation with the staff, parents and students of the school community.

### 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 students 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 students to develop practical food skills for example: growing, preparing and cooking healthy food
- integrates nutrition across the curriculum according to SACSA\*/Australian Curriculum guidelines.

### The Learning environment

Children/students at our school:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day (water bottles allowed in the classroom)
- are encouraged to eat healthy food routinely at scheduled break times
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- utilise/will develop and maintain a school garden and integrate the garden across the curriculum.

Our school:

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

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\* South Australian Curriculum Standards and Accountability Framework.

# RIGHT BITE HEALTHY FOOD SUPPLY AND NUTRITION POLICY FOR TRURO PRIMARY SCHOOL

## Food supply

Our school:

- encourages healthy **food and drink choices** for children and students 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 healthy food is supplied for **school activities, lunch days and events**, in line with the **Right Bite** strategy
- **displays nutrition information** and promotional materials about healthy eating
- encourages a daily fruit and vegetable program to:
  - o provide students with important minerals and vitamins
  - o encourage a taste for healthy foods
  - o to support healthy eating for learning.

## Food safety

Our school:

- promotes and teaches food safety to students during food learning activities
- encourages staff to access training as appropriate to the *Right Bite* strategy and associated nutrition recommendations
- provides adequate hand washing facilities for everyone
- models, promotes and encourages correct hand washing procedures
- supports the school kitchen which is accredited in appropriate food safety standards.

## Food-related health support planning

Our school:

- liaises with families to ensure a suitable food supply for students with health support plans that are related to food issues eg allergies, diabetes.

## Working with families, health services & industry

Our school:

- invites parents and caregivers to be involved in the review of our Right Bite policy
- provides information to families and caregivers on the *Right Bite* strategy in a variety of ways including:
  - o newsletters
  - o policy development/review
  - o information in enrolment pack
  - o pamphlet/Poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

Note: If our school has a child/ student with a **serious food allergy** (eg. nuts), a separate policy for the duration of that child's involvement with the school may be developed and communicated to parents and staff.

The staff at Truro Primary School thank you in advance for your support of this policy.

Date \_\_\_\_\_