



Catholic Schools Office
Diocese of Broken Bay

NUTRITION IN SCHOOLS POLICY FOR THE DIOCESAN SCHOOL SYSTEM

OPERATIONAL POLICY

November 2011

The Catholic Schools Office, Diocese of Broken Bay
gratefully acknowledges the NSW Department of Education
& Communities for permission to use and adapt material
from the *Nutrition in Schools Policy 2011*

PURPOSE

The purpose of the Nutrition in Schools Policy is to provide direction to Catholic schools, parents/caregivers, external providers and the wider school community in the Diocese of Broken Bay on the promotion and modelling of healthy eating and good nutrition in school programs and activities relating to food and drink. Many schools provide a canteen service for their students. School canteens can be operated by P&Fs, by schools themselves or leased to private companies. The Fresh Tastes NSW Healthy School Canteen Strategy requires all government schools to provide a healthy, nutritious canteen menu in line with the Australian Dietary Guidelines for Children and Adolescents. This policy requires that canteens in systemic schools in the Diocese of Broken Bay also adopt the Fresh Tastes @ School – NSW Healthy School Canteen Strategy.

POLICY FRAMEWORK

In their education and formation of young people, Catholic schools actively promote the Catholic worldview which affirms every individual person as made in the image of God (Gen 1:27). Life and physical health are precious gifts of God. Catholic Schools promote and model healthy eating and good nutrition in school programs and in the school canteen. This reinforces the teaching about nutrition that occurs within the Personal Development, Health and Physical Education (PDHPE) Curriculum.

The health of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school. Developing 'Healthier School Communities', is a key priority in preventing childhood obesity. The Australian Dietary Guidelines for Children and Adolescents are designed to help young people and their families choose food and drink for a healthy life.

The Fresh Tastes NSW Healthy School Canteen Strategy aims to give students across NSW a taste for healthy foods. It also helps schools to determine the healthier types of foods that should be available for sale in their canteens. The NSW Healthy School Canteen Strategy categorises food into three groupings:

- **RED** 'Occasional' - Do not sell these foods on more than two occasions per term;
- **AMBER** 'Select carefully' - Do not let these foods dominate the menu and avoid large serving sizes;
- **GREEN** 'Fill the Menu' - Encourage and promote these foods in the canteen.

The Canteen Menu Planning Guide with Communication Kit, the Fresh Tastes Tool Kit, the Fresh Ideas for a Healthy School Canteen recipe file and the 'Come into my Canteen' DVD have been developed to assist schools in implementing the Strategy.

POLICY CONTENT

The policy includes:

1.1 Any activities and programs within the school setting relating to or involving food and drink should promote and model healthy eating and good nutrition to students.

1.2 The Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is to be adopted and implemented by all canteens in the Diocesan Schools System. This applies irrespective of whether the canteen is managed by the school's P&F, the school itself or an external provider.

1.3 All sugar sweetened drinks that exceed the nutritional criteria for 'occasional' foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, will not be permitted for sale in either school canteens or vending machines located on school premises.

1.4 The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and it is mandated by the NSW Board of Studies for all students from Kindergarten to Year 10. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever practicable.

1.5 All school activities that involve the provision of food and drink to students should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

1.6 In the planning of, off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions, staff should be mindful of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

1.7 Where school activities involve the provision of food and drink to the wider school community consideration should be given to modelling and promoting healthy eating. P&Fs are encouraged to follow the Healthy Fundraising Guidelines in this regard.

1.8 All canteen operators should provide a safe and hygienic food service and comply with National Food Law, Food Safety Standards (2002), Food Act 2003 (NSW) and Food Regulation 2010 (NSW).

1.9 School activities that involve the provision of food, should be mindful of the Diocesan Anaphylaxis Guidelines for Schools.

POLICY RESPONSIBILITY

Schools: Principals are responsible for ensuring the requirements of this policy, guidelines and relevant legislation are met. Principals are responsible for ensuring that school policies and practices are consistent with this Nutrition in Schools Policy and are responsive to local needs, including cultural diversity. Principals will ensure their canteen operations are reviewed every two years. The recommended resource to complete the review is the Fresh Tastes - Making Your School Canteen Healthy Self Assessment Tool and Action Planner.

Catholic Schools Office: The Catholic Schools Office will provide support services to assist school communities with its implementation and periodically audit the local implementation of this policy.

Other support: The cross sectoral Coordinator for the Healthy School Canteen Strategy, is also available to assist school communities with its implementation. The Healthy School Canteen Coordinator can be contacted at schoolcanteens@det.nsw.edu.au. The NSW School Canteen Association provides support and information to schools through newsletters, Expos, Award program, Buyers Guide and their web site.

RELATED LEGISLATION, POLICIES AND GUIDELINES

- Broken Bay Diocesan Schools System:
 - Healthy Fundraising Guidelines
 - Occupational Health and Safety Policy
 - Anaphylaxis Guidelines
 - Pastoral Care Policy
- Legislation:
 - National Food Law, Food Safety Standards (2002).
 - Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
- Websites:
 - [Fresh tastes @ School NSW Healthy Schools Canteen Strategy: Canteen Menu Planning Guide](#)
 - [Fresh Tastes Tool Kit Developing a Healthy School Canteen](#)
 - [Sugar Sweetened Drink Ban for NSW Government Schools](#)
 - [Healthy School Canteens self assessment tool & Action Planner](#)
 - [DET NSW Schools Canteen Website](#)
 - [Healthy Kids](#)
 - [Healthy Kids Association Canteens](#)
 - [FAQs Department of Health, Canteens.](#)

POLICY REVIEW

This policy will be reviewed within two years of its date of adoption.

POLICY DATES

Recognising that all schools will need time to become fully compliant with this policy, there will be a one year transition period from the 2012 date of implementation. All schools are expected to be fully compliant by February 2013.

Date of completion of formulation and adoption:	February 2012
Date of full compliance:	February 2013
Date of next review:	February 2014

Authorised by
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