



*Topic: HEALTHY FOOD AND DRINK CHOICES*

*Policy No:D5*

*Policy Area: COMMUNITY*

*Originally Released: 2009*

*Date for Review and Reformatting: 2014*

*Date for Review: 2015*

*Principal: MRS KERRIE MERRITT*

## **1. RATIONALE**

1.1 Childhood obesity is now recognised as a worldwide epidemic. In Western Australia, the number of children and young people who are overweight or obese has tripled since 1985, with a quarter of boys and a third of girls aged 7-15 years overweight or obese in 2003. Young people who carry excess weight or are obese have a greater risk of a number of immediate and long-term health and behavioural problems.

1.2 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.

1.3 'Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue' (Mandate, para 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.

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

## **2. DEFINITION**

Nil

## **3. SCOPE**

Assumption Catholic Primary School community

## **4 .PRINCIPLES**

4.0 The policy will be underpinned by a whole school approach and recognition that:

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 The Assumption school canteen should serve the school community with nutritional food at affordable prices.

4.4 Healthy canteen choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that can extend into the wider family and community.

4.5 The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.

4.6 Assumption school canteen must comply with the Catholic Education Commission of Western Australia Policy statement 2-C14 'Occupational Safety and Health in Schools' in order to provide safe handling, preparation and serving of food.

4.7 A variety of foods are to be enjoyed every day.

4.8 The primary role of the Assumption school canteen is to provide a healthy and nutritious food service to students and staff.

## **5. PROCEDURES**

5.1 Assumption's canteen 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.

5.2 Other food and drink choices shall promote a wide range of healthy and nutritious food and drink.

5.3 The Star Choice Buyers' Guide, which is a register of all products that meet minimum nutrient criteria for the food type, is recommended as a resource for planning menus and making decisions about serving sizes.

5.4 The Western Australian School Canteen Association and local health professionals can provide advice to Assumption school on menus and products suitable for use in schools.

5.5 Assumption has a 'Crunch and Sip' policy which states that there will be time allocated 'for students to eat fruit or salad vegetables and drink water in the classroom.' This document may be found in 'T' share under Policies Procedures Roles.

## 6. REVIEW HISTORY

<b>Year of Review</b>	<b>Reviewed by</b>	<b>Amendments/Review</b>
<b>2009</b>	<b>School staff</b>	<b>reviewed</b>
<b>2014</b>	<b>School Administration</b>	<b>Revised/ reformatted</b>

## 7. NEXT REVIEW

<b>Year</b>	<b>Responsibility</b>
<b>2015</b>	<b>School leadership team /Physical ed. Staff/ canteen committe</b>