Chandler Public School
Nutrition Policy

Rationale
It is NOT the policy of Chandler Public School to mandate to parents what food to provide for their children on a daily basis. The following policy sets out procedures for incidences where the school and canteen has the responsibility to provide food or avenues for food to be purchased by students. It is hoped that parents will, when providing lunches, consider the recommendations of the NSW Department of Health.

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

Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for our canteen planning.

All sugar sweetened drinks that exceed the nutritional criteria for ‘occasional’ foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, are not permitted at our school.

The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and all class activities in all other key learning areas will reinforce healthy eating and good nutrition wherever possible.

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

Whenever possible, off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions will be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

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.

Our school will only 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).

School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2nd Edition 2006).

Context
The health and wellbeing 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.

The NSW Government State Plan Priority S3 Healthy Communities (Obesity): Improved health through reduced obesity, illicit drug use and risk drinking, identified ‘Healthier Schools’ as a key priority in preventing childhood obesity in NSW.

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.
Current Programs

1. **Fundamental Movement Skills**

This program belongs in our PDHPE Syllabus and forms part of our Physical Education Program. At least two hours per week is timetabled for PDHPE in every class.

2. **Crunch and Sip**

Crunch & Sip allows for children to eat fruit (or salad vegetables) and drink water in the classroom. Students ‘re-fuel’ with fruit or vegetables during the morning or afternoon – assisting physical and mental performance and concentration.

Crunch & Sip encourages fruit and vegetable snacking and drinking water. Crunch & Sip gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.


3. **Premiers Sporting Challenge**

Our school is involved with The Premiers Sporting Challenge.

The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier’s Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

For the students the program will develop and expand on a student’s knowledge, skills, interests and attitudes in sports officiating, sports coaching and sports administration.

4. **Active After-schools Communities (AASC)**

Our school is part of the AASC program that engages children in healthy activity in a fun context and provides a healthy afternoon tea.
5  **Kitchen Garden Program**

Our garden is providing a source of organically grown vegetables. We are introducing berries and also preserving some of our surplus produce.

6  **Suggestions For School Lunchboxes**

**Lunch box suggestions**

**Best choices**
Vegetables  
Fresh fruit  
Dairy food – cheese or yoghurt  
Protein food – slice of lean meat, hard-boiled egg or beans  
Starchy foods – bread, rice or pasta  
Water

**Foods best left out**
Muesli and chocolate bars  
Potato crisps and oven baked savoury biscuits  
Sweet drinks  
Donuts and cakes  
Lollies, honey and jams  
Fatty meats such as salami and Strasbourg

This information comes from:


and can also be found at any good website about nutrition.

5  **Fresh Tastes Canteen**

The *Fresh Tastes* NSW Healthy School Canteen Strategy is all about giving students across NSW a taste for healthy foods. It heralds a move beyond nutrition guidelines for school canteens to a government-endorsed approach that helps schools determine the healthier types and frequency of foods that are available for sale in their canteens.

This section will be finalised by the P&C