At Braeview School, we believe that a healthy and active lifestyle is paramount in developing a child’s physical, mental and emotional wellbeing.

**Contextual Influences**

The Nutrition Policy is implemented principally through class learning programs with emphasis on expected outcomes described through the ‘Health of Individuals and Communities’ strand of the Health and Physical Education area of study. The policy also guides and influences nutritional choice in a broader school context, and within the context of the local community. This is based on the ‘Healthy Eating Guidelines (Sep 2005)’ and the ‘Right Bite – Easy Guide to healthy food and drink supply’ where foods are classified as Green (choose plenty), Amber (select carefully) or Red (occasional). Within the Right Bite strategy, only foods from the green and amber categories are allowed to be sold in school canteens and vending machines.

Within the broader context of food occasions in school, there exists respect for difference and the right of choice based on such factors as religion, culture, economic, family, medical and maturation. It is recommended that all efforts to minimise Red (occasional) food be made in relation to food events within classrooms and across school activities. The monitoring of the frequency of ‘Red’ food through school organised activities, should be undertaken by relevant School decision making groups eg Healthy School Committee, leadership team, Governing Council, Parents and Friends.

**Practice**

Staff are committed to ensure that the school’s health programs reflect our belief and our school environment values and promotes healthy eating through classroom programs, the canteen, school camps, class parties and fundraising activities.

This means that:

- Healthy food is actively promoted, through the canteen, in classroom programs, fundraising and camps.
- Water is easily accessible to students and staff and students are encouraged to drink plenty of water each day.
- Teachers and students act as role models for healthy eating.
- The canteen provides and promotes healthy foods, low in fat, salt and sugar (ie lots of Green, some Amber and no Red foods)
- The canteen workers are supported to provide healthy enjoyable food that is affordable and is provided in accordance with health standards.
- Healthy snacks and hydration are encouraged during class time in accordance with the brain-based principles.
- All school functions provide and promote a variety of healthy food options.

**Curriculum, Teaching And Learning**

**Staff will:**

- Allocate adequate time to Nutrition education in a comprehensive, sequential health and physical education program.
- Teach one Nutrition unit of work each year, using programs such as ‘Go for 2&5’ or The Heart Foundation’s “Eat Smart” Program.
- Ensure students learn about healthy eating through age appropriate, culturally relevant, enjoyable activities that involve active learning strategies such as “Fruit and Veg Week”, “Creating a Stir” and “Kids in the Kitchen”.
- Ensure that Nutrition messages are positive and there is an emphasis on the enjoyment of food.
- Provide opportunities for students to prepare, taste and enjoy healthy foods.
- Encourage students to eat fresh fruits and vegetables by providing opportunities such as healthy snack breaks, providing platters once a week, healthy sandwich or soup days or oranges on sports day.
- Ensure that student feedback is sought.
- Make changes to Nutrition education programs to increase effectiveness.

**Students will:**

- Understand the importance of eating healthy foods and how this impacts on their health and wellbeing.
- Develop skills to enable them to discriminate between different types of foods.
- Develop skills that increase self-confidence in food preparation and identify and gain skills for safe handling of food.
- Learn how to make food related decisions.
- Learn to critically analyse influences on eating patterns, e.g. social pressures, popular magazines, campaigns.

**In order to achieve the best outcomes we need to:**

- Continue our Healthy School Committee comprising students, staff and parents.
- Provide opportunities for parents to contribute to decisions about healthy eating at school.
- Inform school community about the school’s Nutrition Policy and programs via the newsletter.
- Involve families through sharing healthy foods at school, attending student presentations and fundraising activities, parent teacher nights and social functions etc.
- Ensure that adequate, clean cooking facilities are made available.
- Involve local community health agencies in Nutrition program planning, delivery and review.
- Support local food producers, growers and retailers.
- Ensure that staff are equipped with reputable, up to date resources re Nutrition.
- Ensure that Training and Development is made available to staff and parents.

Revised and Endorsed by Governing Council March 2008
**Student Lunch Orders**

A private caterer (Pete’s Bakery, O’Halloran Hill) supplies a lunch service to students, with a menu approved by the Governing Council (Healthy School Committee), consistent with Departmental Food and Drink supply guidelines. The only food available to students is what is advertised on the price list. Price lists are updated each term.

The following are the procedures which have been approved by Governing Council through the Healthy School Sub Committee for using the canteen:

1. Lunches are ordered in the classrooms by writing on the outside of the bag the name of the student, teacher's name, the items requested and the amount of money enclosed, which is then placed in the lunch basket and taken to the Front Office foyer by **9.15 a.m.** Bags are available from the front office.
2. Lunch orders are collected and filled by Pete’s Bakery and returned to school at 12.40.
3. Lunches may be collected from Activity Room 1 from approximately 12.40 pm.
4. Change is returned to the students with their lunches.
5. It is important that the teacher supervises the handing out of lunches in the classroom.
6. Students forgetting to bring lunch can be given a “late lunch” by coming to the office for an authorisation. Students will then be given a plain sandwich / snack with the cost recorded on the authorisation slip to take home.
7. Staff are required to notify the canteen (via the front office) if their class is involved in any activity which means their class will not be requiring lunch orders eg camps, excursions, treat days etc. A proforma for notifying the canteen is part of the Excursion approval process.

**Healthy Snack Tuck Shop - Policy Guidelines**

An over the counter Healthy Snack recess is provided by Parents and Friends, supported by senior student volunteers, at recess on days determined by parent volunteer availability- currently Monday - Friday.

**Purpose:**

Braeview School Healthy Snack Tuck Shop Service operates to provide

- a service for students at the school
- healthy low priced snacks for students
- an opportunity for students to practice and use skills related to use of money
- an opportunity which enables students to practice communication and social skills related to purchasing
- a positive model which supports and encourages eating of healthy food

**Operational guidelines**

- The Healthy Snack Tuck Shop Service is jointly managed by the Governing Council Healthy School Committee (HSC) and the Parents and Friends group (P&F).
- It operates at recess time only, on a limited basis, to be determined by the HSC on an annual basis (currently Monday to Friday).
- The service is staffed by volunteer parent helpers assisted by nominated senior students
- HSC reports regularly to Governing Council re the operation of Healthy Snack Tuck Shop.
- Day to day organisation and management of the service is via a Volunteer Tuck Shop Supervisor who is identified on an annual basis by the HSC committee, and becomes part of that committee.
- The role of the Volunteer Tuck Shop Supervisor is to:
  - organise rosters and communicate with volunteer helpers
  - monitor stock levels
  - manage purchase of stock
  - maintain Tuck Shop area in functional, healthy manner
  - communicate with community re operational issues eg prices, stock changes etc (via newsletter)
  - liaise with Liz Ford, Dawn Trainer or the Committee re any issues or concerns
  - monitor financial management (with Dawn Trainer)
  - report to HSC at regular meetings
  - provide general supervision for student helpers
- Volunteer student helpers
  - students are nominated by Year 6/7 staff team to assist each day
Student support the parent helpers as required
   - one student inside who assists with garlic bread
   - 2 students outside selling packaged goods (extra line)

Volunteer supervisor and Principal will provide induction session for students as they commence if required.

Complying with regulations
All volunteers must comply with Braeview School Food Handling Guidelines as below and be mindful of their own health and safety when working in the Tuck Shop

Stock and Pricing policy
- Healthy Snack Tuck Shop should endeavour to supply healthy, nutritious food at all times, with mostly “Green” items and some “Orange” items. “Red” items will not be sold.
- Pricing of stock items is managed by the Volunteer Tuck Shop Supervisor in conjunction with HSC
- Pricing of items should cover all expenses related to purchase, making of items for sale and running costs for the service as well as realising a small profit
- Profit margin for most items should be between 20% – 30% where appropriate
- Goods for sale should include a variety of items with wide price range – ensuring some low cost items
- Some limits on purchase will be imposed to ensure children eat a balanced diet eg garlic bread and pikelets

BRAEVIEW SCHOOL
FOOD PREPARATION AND HANDLING GUIDELINES

These guidelines have been prepared by the Healthy School Committee and endorsed by Governing Council to apply to all food services across the school.

We ask that all staff and volunteers familiar with and apply these expectations for safe food handling at all times.

When preparing and handling food as part of Braeview School programs and activities, please
- Wash hands thoroughly with soap and dry thoroughly with paper towel prior to preparing & handling food
- Tie back your hair if it is long enough to do so
- Wear gloves at all times when preparing and handling food
- Ensure that cuts, sores, band aids on hands are covered (with gloves)
- Use separate tongs for different foods
- Use separate utensils for each type of food being prepared and handled
- Use Tongs when serving prepared / unwrapped food eg pikelets, sausages, bread etc (place directly on paper towel / serviette)
- Do not work if you are unwell eg vomiting, diarrhoea, fever or sore throat with fever
- Ensure that refrigerated food is not out of refrigeration for longer than two hours
- Clean all surfaces prior to and following food preparation

Braeview School Governing Council and Healthy School Committee
Revised and endorsed by Governing Council March 2008

HEALTHY SNACK POLICY / CRUNCH & SIP

Braeview School Nutrition Policy that states that as a staff we are committed to encouraging healthy snacks and hydration during class time in accordance with brain-based learning principles.

This Healthy Snacking Policy has been developed by staff and is consistent with the Australian Guide to Healthy Eating published by Australian Government Department of Health and Ageing. The policy attempts to provide greater consistency with our expectations about what constitutes a healthy snack.

All classes promote eating of healthy snacks during the day.
  - Junior Primary classes have a Healthy Snack time sometime between 9.30am-10.30am with most classes just eating at this time and some classes having sharing/news time.
  - 3-7 classes snack at relevant times during the day, with times depending on particular programs and activities
Note: Crunch & Sip will be introduced across the school during term 1, 2010. This will see all classes stop for a fresh fruit or veg break and water mid-morning.

All children are asked to bring a filled water bottle to school. Children are able to drink water at any time during the day with most classes allowing children to have it on their desks or easily accessible from their bags. Water only is allowed in the classroom.

In line with the Health Department’s promotion of “Two serves of fruit and 5 serves of vegetables per day” children are encouraged to bring **ONLY fresh fruit and vegetables** for their morning snack time.

While this practice can not be enforced, teachers are requested to promote healthy food choices and encourage more healthy choices whenever possible throughout the day and as a planned part of their curriculum.