Burton School Campus

Involving the whole community in healthy eating

An eat well be active - Primary Schools project school

Encouraging students to make positive lifestyle choices, Burton School Campus is committed to providing community education.

Burton School Campus has always aimed to provide healthy food options through the canteen menu. Adopting the Right Bite Policy, students and families have input into the types of food they like to see offered on the school’s canteen menu.

One of the most significant developments occurred in 2005 and came from the insistence of the students. Concerned that some families were delivering junk foods to the school, the PASTA Group was borne. The name PASTA originated from a Reception class, who determined that ‘PASTA’ stood for Parents and Student Teachers Association. The group comprised parent and grandparent representatives, who in the main, worked in the school canteen, students, who formally applied to join the group, SSOs and a teacher.

Once formed, the group began the process of educating the school community about the benefits of healthy eating. Over the years the group has grown into a powerful, valued and well-respected committee and is a vital part of the life at Burton School Campus. Their initiatives over the eight year period, have been many and varied and all been highly successful. Driven by the students, with the support of the adults, there has been real and positive change. The PASTA group too, has changed direction and focus over the years, to meet the ever-changing needs of the school and its community.
An essential part of the PASTA Group’s role is to acknowledge students and families making good nutritional choices. Nominated by their peers and teachers, four students are selected at each whole-school assembly to receive a PASTA Award. These students are called forward and presented with a ‘show bag’ full of healthy eating and active living paraphernalia. Three senior PASTA students with comments and messages about healthy eating present the awards. Another important aspect of the twice-a-term PASTA meetings, are to conduct taste tests. This is where new and varied foods are tasted. Scores and comments are made about the food and a decision made as to whether or not it will be included as a recess snack or lunch item. As many of the adult representatives on the PASTA Group are also canteen volunteers, the introduction of the new menu item can be made within a short space of time.

Whole school PASTA Group initiatives are varied and exciting, often incorporating the school garden. Some examples include ‘Make Your Own Lunch Day’, Parent Lunch Box Workshops, Big Brekky, Soup Day, classroom surveys and taste tests, ‘Eat Out’ and attendance at various forums. Burton School Campus’ PASTA Group has driven all of these initiatives.

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