



Topic : Healthy Food and Drink Choices (Early Childhood)

Policy No: (CEWA) 2-D4

Policy Area: Community

Review: 2019

Rationale

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.

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

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

Aim

Our school aims to promote and protect the health, safety and wellbeing of all of the children, educators and families using procedures and policies to maintain high standards of hygiene. We also aim to reduce the risk of infectious diseases and illnesses spreading, following appropriate OHS standards.

Health and Hygiene Performance Indicator

Padbury Catholic Primary School will:

- Provide a comprehensive health and physical education program relevant to student needs at both the class and school level.
- Teach according to the Western Australian Health and Physical Education curriculum.
- Create a healthy, safe and supportive class and school environment that complements classroom health and learning experiences.
- Apply this policy throughout the whole school community to include students, teaching and ancillary staff, volunteers and visitors.
- Promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community.
- Model and reinforce health, nutrition and personal hygiene practices with children.
- Actively support hygiene practices across the school.
- Discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all.

Health Education and Physical Education (PE)

Padbury Catholic Primary School is committed to developing a health, hygiene and PE program that takes into account the health needs of our students, teachers and community.

We will teach Health and Physical Education according to the Western Australian Curriculum.

The Health and Physical Education curriculum comprises of two strands: Personal, Social and Community Health; and Movement and Physical activity. The content in each strand is organised under three interrelated sub-strands.

Personal, Social and Community Health

- *Being healthy, safe and active*

The content focuses on supporting students to make decisions about their own health, safety and wellbeing. The content develops the knowledge, understanding and skills to support students to be resilient. It also enables them to access and understand health information and empowers them to make healthy, safe and active choices. In addition, the content explores

personal identities and emotions and the contextual factors that influence students' health, safety and wellbeing. Students also learn about the behavioural aspects related to regular physical activity and develop the dispositions required to be an active individual.

- *Communicating and interacting for health and wellbeing*

The content develops knowledge, understanding and skills to enable students to critically engage with a range of health focus areas and issues. It also helps them apply new information to changing circumstances and environments that influence their own and others' health, safety and wellbeing.

- *Contributing to healthy and active communities*

The content develops knowledge, understanding and skills to enable students to critically analyse contextual factors that influence the health and wellbeing of communities. The content supports students to selectively access information, products, services and environments to take action to promote the health and wellbeing of their communities.

Movement and Physical activity

- *Moving Our Body*

The content lays the important early foundations of play and fundamental movement skills. It focuses on the acquisition and refinement of broad range of movement skills. Students apply movement concepts and strategies to enhance performance. They practise and rehearse skills and strategies to move with competence and confidence. Students develop skills and dispositions necessary for lifelong participation in physical activity, outdoor recreation and sport.

- *Understanding movement*

The content focuses on developing knowledge and understanding about how and why our body moves and what happens to our body when it moves. While participating in physical activities, students analyse and evaluate theories, techniques and strategies that can be used to understand and enhance the quality of movement and physical activity performance. They explore the place and meaning of physical activity, outdoor recreation and sport in their own and others' lives, and across time and cultures.

- *Learning through movement*

The content focuses on personal and social skills that can be developed through participation in movement and physical activities. These skills include communication, decision-making, problem-solving, critical and creative thinking and cooperation. The skills can be developed as students work individually and in small groups or teams to perform movement tasks or solve movement changes. Through movement experiences, students develop other important personal and social skills such as self-awareness, self-management, persisting with challenges and striving for enhanced performance. They also experience the varied roles within a range of physically active pursuits.

The interrelated nature of the content of the Health and Physical education curriculum provides opportunities for students to develop interpersonal, communication, self-management and decision-making skills.

Padbury Catholic Primary School will create a healthy, safe and supportive environment that compliments the classroom health learning experience. We are also committed to providing students with the opportunity to participate in a wide range of physical activities, individual and team sports. Teachers will ensure a safe and supportive environment to encourage development of skills and good sportsmanship.

Physical Education

Kindy to PP receive 60 minutes a week of physical education per week.
Year 1 – 2 students receive 120 minutes a week.

Parental Involvement

The school health program supports health learning at home. Health education is seen as a partnership with parents to help students achieve healthy lifestyles. Parents are involved and informed throughout the following:

- ☐ The Western Australian Health and Physical Education curriculum is available to parents online and our school Health Policy is available for parents to view on our school website.
- ☐ Students are encouraged to discuss health education content at home (When appropriate)
- ☐ Parents are informed through newsletters and parent talks of current issues / programs.

- Parents are informed of the Protective Behaviours Program.

School Canteen

Students in Pre-Primary, Year 1 and Year 2 have the availability to access the menu from the Duncraig Senior High school canteen. All canteen staff are proud to have successfully completed the "Traffic Light Training" in accordance to the Department of Education's policy and standards for healthy food and drink choices WA schools. The canteen menu is 79% Green with 21% amber products in the 'traffic light system'.

The 'traffic light' system

GREEN: Fill the menu

AMBER: Select carefully

RED: Not to be provided as there is ample opportunity for students to enjoy these types of food and drinks outside the school setting and with the supervision of their parents.

GREEN FOOD AND DRINKS

These foods /drinks should be encouraged and promoted. In general, these foods/drinks are excellent sources of important nutrients; low in saturated fat and/or added sugar and/or salt; and help to avoid an intake of excess energy (kilojoules). Examples include, whole grain breads and cereals, vegetables, fruit, legumes, lean meat, eggs, reduced fat dairy, water, reduced fat milk (plain and flavoured).

AMBER FOOD AND DRINKS

Choices should not be dominated by these food and drinks. They should be limited and chosen carefully. Large serving sizes should be avoided. Examples include, breakfast cereals with added sugar, some reduced fat/reduced salt pastries, meat patties, chicken nuggets, full fat dairy, fruit muffins and 100% fruit juice less than 250mL.

RED FOOD AND DRINKS

These are called 'extra foods' in the *Australian Guide to Healthy Eating*. They should not be offered in schools because they lack adequate nutritional value; are high in saturated fat, and/or added sugar and/or salt; can contribute to excess energy; and can contribute to tooth decay and erosion. Examples include

confectionery, high fat sandwich meats, soft drinks, crisps/chips, honey, jam, croissants, doughnuts and iced cakes.

Food Act 2008 Food Regulations 2009 Food Act 2008

Food Regulations 2009 is mandatory. Canteen/food services must comply with the requirements of its food premises classification. The classification will determine the level of food preparation allowed. For information and advice about your canteen/food service classification contact the Environmental Health Officer at your local council.

Crunch and Sip

Crunch & Sip is a set break during the school day to eat salad vegetables and fruit and drink water in the classroom. Students bring vegetables or fruit to school each day for the Crunch & Sip break. Each child also has a small clear bottle of water in the classroom / or school bag to drink throughout the day to prevent dehydration.

Crunch and Sip is proactive within Year 1 and Year 2 classrooms. Please click on the link for more information.

<http://www.crunchandsip.com.au/program-info/about-crunchsip/>

Nut Aware (Please see our Nut Aware Policy)

The school acknowledges that due to food processing practices, it is impractical to eliminate nuts or nut products entirely from an environment where there is food, hence the reference to "Nut Aware" school.

Purpose:

- To provide a safe learning environment for all members of Padbury Catholic Primary School.
- To raise awareness of all members of the community regarding severe allergies.

Food allergies affect approximately 1 in 50 children and it is likely that at school children will encounter and may accidentally ingest one of the many products which cause an allergic reaction.

Students with a food allergy may react to tactile (touch) exposure or inhalation exposure. Not every ingestion exposure will result in Anaphylaxis but the potential always exists. This means we encourage parents, children and staff to avoid bringing foods that contain nuts (especially peanuts) to school.

Products that contain nuts include:

- ☐ Nuts
- ☐ Peanut butter
- ☐ Nut spreads such as Nutella
- ☐ Some fruit and nut bars and muesli bars
- ☐ Some biscuits and cakes
- ☐ Chocolates and any other products that have nuts listed in the ingredients

Hygiene

Educators will aim to reduce the spread of infection by encouraging children to follow simple rules of hygiene. Children's self-help skills can also be promoted by supporting them to develop hygienic habits. The rules of hygiene are included in the children's educational programs and the teacher's initial discussions about these subjects during lessons, with individual children at appropriate times and incidentally during routines such as recess and lunch times. By setting hygiene rules with children and providing positive feedback and support, educators can help children to develop personal hygiene skills.

Washing Hands

Thorough hand washing and drying by adults and children is the single most effective method for reducing the risk of cross contamination. Hand washing notices which clearly explain effective hand washing procedures are displayed next to hand washing basins.

Wearing Gloves

School Staff will wear disposable gloves when:

- ☐ Cleaning up urine, faeces, vomit or blood
- ☐ Handling soiled linen and clothing
- ☐ Handling rubbish
- ☐ They have wounds on their hands or wounds covered with dressings.

GLOVES WILL BE DISPOSED OF AFTER EACH USE

Body/Blood Fluids

Hygiene practices that promote infection control are adopted for all contact with blood and body fluids. Should any staff member be required to clean up all spills of blood, faeces, urine, vomit and other body fluids they will do so immediately by:

- ☐ Wearing gloves
- ☐ Placing a paper towel cloth over the spill, placing the paper towel and gloves in a plastic bag, sealing the bag and putting it in the rubbish bin
- ☐ Putting on new gloves, cleaning the surface with warm water and detergent using a fresh paper towel and allowing the area to air dry or wipe over with a paper towel
- ☐ Removing and discarding gloves and washing hands thoroughly with soap and warm water

Soiled Clothing

Items returned to a child's home for laundering are placed and secured in a plastic bag. Educators will not rinse soiled clothing due to risk of contaminating their clothing which can then be a source for transporting germs.

Cleanliness of Toys and Equipment

The school will regularly clean the children's equipment, toys and dress ups in warm soapy water. Toys are to be washed twice yearly so as to avoid the spread of disease. Bringing toys from home is not encouraged due to the spread of infection.

Play Dough

Educators will reduce the risk of the spread of disease for children when playing with play dough by:

- ☐ Encouraging hand washing before and after using play dough
- ☐ Storing play dough in a sealed container
- ☐ Making a new batch of play dough regularly

School Staff will support children's hygiene by:

- Role modelling hygienic practices such as thorough hand washing and drying
- Reminding students about when they should wash their hands e.g. before eating, after toileting.

Healthy Choices at Padbury Catholic Primary School

Sound nutritional practises are promoted:

- Nutrition is a key part of classroom health education. Teachers promote healthy foods and provide the skills for making healthy choices. Teachers also educate students on understanding the media in advertising foods.
- Chocolates / lolly bags, cupcakes are permitted for birthday celebrations only.
- Lunch Orders are made through Duncraig Senior High school twice a week and foods are categorised under the traffic light system.
- Students are not to be given food as a reward in classrooms.
- Padbury Catholic is not a 'nut free school' as we want to mirror the 'real world' where students who have allergies need to manage their food choices and be self-aware of their condition and consequences.
- Water bottles are encouraged in the classroom but must only contain water. Students should be respectful of teachers and others when drinking from their bottles in class time.
- Teachers may notify parents if there are concerns regarding the nutritional value of student lunches.
- The school will hold special events to promote healthy lifestyles e.g. Walking School Bus
- When celebrating a child's birthday parents who wish to send a cake to school are asked to supply only small cup-cakes or muffins. Anything more than this will be sent home.

Emergency Medical Situations

The school has action plans in place for Asthma and Anaphylaxis.
(Please see Medical Policy) In these cases the emergency action plan

is to be followed. All staff have training in the use of Epi Pens and Asthma First Aid every 2 years.

References

The Department of Education and Training, 'Healthy Food and Drink Policy', Appendix

<http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policiesframework/policies/healthy-food-and-drink>

Western Australian School Canteen Association, 'The Star Choice Buyers' Guide' available at www.waschoolcanteens.org.au

Related Documents

Catholic Education Commission of Western Australia policy statement 2-C6 'Occupational Safety and Health in Schools'

The Australian Guide to Healthy Eating and the National Dietary Guidelines for Children and Adolescents in Australia (2003)

Anaphylaxis Management Guidelines for Schools: Department of Health 2010 accessed at:

<http://www.health.wa.gov.au/anaphylaxis/roles/schools.cfm>

<http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK1%20Canteen.pdf>

Policy statement 2-D4 Healthy Food and Drink Choices (Version 12 - 200813) Page 2 of 3

<http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK2%20Canteen.pdf>

Food Act 2008 (WA)
Food Regulations 2009 (WA)
Occupational Safety and Health Act 1984 (WA)
Occupational Safety and Health Regulations 1996 (WA)
School Education Act 1999 (WA)
Civil Liability Act 2002 (WA)
Disability Discrimination Act 1992 (Cth)
Equal Opportunity Act 1984

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>