

Policy M309

NUTRITION POLICY

Preamble

Parents have the primary responsibility to educate children to value and respect the gift of life. St Mary's School shares the responsibility for the health of their students with the parents.

Rationale

Healthy eating is an essential part of a child's wellbeing. The nutritional needs of children are different from those of adults because children are growing and developing. St Mary's is committed to educating students about healthy food choices.

Values

Respect for the dignity of the human body is an important Gospel value. In partnership with the community, we are called to exercise wisdom and form right judgements so that by nurturing healthy living habits, we give gratitude to God for the precious gift of life.

Policy

St Mary's is responsible for encouraging and supporting the development of good eating and drinking habits consistent with the *Dietary Guidelines for Children and Adolescents in Australia*.

Implementation Issues

Through our nutrition policies and procedures, St Mary's will:

- Adopt a school community approach to implementing the **"Health 4 Life"** Wellness Program.
- Contribute to and enhance current curriculum on healthy lifestyle/choices.
- Support professional/personal development for the St Mary's School community.
- Be sensitive and aware of individual dietary needs in terms of medical conditions e.g. Anaphylactic Policy and also cultural differences.
- Be compliant with legislative requirements related to the hygienic preparation, handling and storage of food.
- The St Mary's tuckshop will follow the *"Healthy Tuckshop Guidelines."*
- Encourage and promote the **"Fruit, Veg and H2O to Go"** recess. Refer to Appendix A attached.
- Include a list of nutritious foods which can be incorporated at various times in the St Mary's newsletters.

Reflection Material

Diocesan Education Council, Diocese of Rockhampton *Nutrition Policy* 2006
Dietary Guidelines for Children and Adolescents in Australia: National Health and Medical Research Council 2003
 Nutrition Australia: www.nutritionaustralia.org
 Dieticians Association of Australia: www.daa.asn.au
 National Heart Foundation of Australia: www.heartfoundation.org.au
 Diabetes Australia: www.diabetesaustralia.com.au
 Additive Alert: www.additivealert.com.au

Nutrition Guidelines

1. LUNCHES

There is no restriction on what the children bring to school for lunches though we teach and recommend healthy and nutritious food. In general, pack food that is easy to open and eat. Make sure that your child has a wholesome breakfast - otherwise we find them feeling very hungry before recess.

The following suggestions may be helpful:

- Sandwiches preferably wholemeal or wholegrain breads;
- Cheese and plain crackers;
- Rice, corn or wheat cruskits with condiments like vegemite;
- Small portion of kabana or Hans ham/salami stix with cheese cubes and/or olives;
- Raw vege sticks like carrot, celery, beans, capsicum with Philly cheese, light French onion dip or hummus dip.
- Fruit in plastic containers - please remember to send along a spoon;
- Fruit such as oranges, apples (if necessary) should be peeled and cut up.
- Tub of yoghurt
- Frozen water or juice in the lunch box to keep the lunch cool.
- Vegetable quiches or fritters
- Lean meat, chicken, eggs or tuna/fish with salad

Educating children about healthy eating requirements during the early years of development will provide the building blocks for life long good nutrition choices.

2. TUCKSHOP

If your child is having tuckshop, write the order on a paper bag along with your child's name, class and include money in the bag. This is placed in the tuckshop box in the classroom in the morning.

As we have a number of students who are highly allergic to nuts – we ask that nuts not be brought to school.

3. FRUIT, VEG, H₂O TO GO BREAK

The following table lists the foods permitted for consumption during the break.

	Permitted	NOT PERMITTED
Fruits	All whole fresh fruit eg apple, banana, mandarin, pear, apricots, plums, peaches, strawberries, grapes, cherries, oranges etc. Canned fruit in <i>natural juices</i> . Chopped fruit eg watermelon, rockmelon, paw paw, mango, pineapple etc. ½ cup dried fruits eg sultanas, dried apple rings, apricots etc.	Fruit leather, fruit roll-ups, fruit biscuits, jams, jellies, fruit pies or fruit cakes, fruit juices or canned fruit in syrup.
Vegetables	All fresh, canned and dried vegetables. Some examples may include cherry tomatoes, celery or carrot sticks, beans, capsicum and broccoli. Legumes.	Potato crisps, hot potato chips, vegetable pies, pasties, pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices. Nuts and seeds etc.
Beverages	Plain Water only.	Other beverages eg. cordial, juice, milk, flavoured milk, soft drink.

WATER

It is quite acceptable for your child to bring a bottle of water into class in hot weather. Frozen water, though, can cause problems with condensation on the desk so it's best not to be frozen or alternatively ensure that the water bottle has a towelling cover to avoid condensation. There are refrigerated water taps situated near the classrooms so drinking enough water should not be a problem.