



Cadell Primary School

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PRINCIPAL: Sue Billett

Persistence ~ Respect ~ Responsibility ~ Tolerance

Cadell Primary School and Playcentre Healthy Food Supply and Nutrition Guidelines

Rationale

Staff, students and families at Cadell Primary School and Playcentre aim to promote healthy eating habits in a safe, supportive environment for all children attending our School and Playcentre. This policy is in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the DECS wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in many ways:

Short term: maximises growth, development and activity, whilst minimising illness.

Long term: minimises the risk of diet related diseases later in life e.g. heart disease, stroke, some cancers and diabetes

Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Advice from speech pathologists and dentists indicates that children should be eating crunchy foods

Advice from professionals indicates diet has an effect on behaviour, learning and brain development

Therefore:

- Staff at this School and Playcentre model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** strategy for their children at School and at the Playcentre.

This food guideline has been established after consultation with staff and parents within the School and Playcentre community.

Curriculum

Our School and Playcentre's food and nutrition curriculum:

- Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- Integrates nutrition across the curriculum where possible
- Promotes and encourages sustainable food choices and those that leave a small ecological footprint (e.g. 'nude' foods)
- Works with OPAL and other agencies to support healthy eating and lifestyle options

The Learning environment

Children at our School and Playcentre:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Use the vegetable garden to learn about and experience growing, harvesting and preparing nutritious foods

Our School and Playcentre:

- Teaches the importance of healthy meals and snacks as part of the curriculum
- Provides supervision during snack and meal times by staff
- Will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters
- Provides rewards/encouragements that are not related to food or drink
- Provides opportunities for students to grow their own produce in the garden and learn about sustainability
- Is a breastfeeding friendly site

Vision: *Cadell Primary School is a unique, community driven school full of learning, laughter and friendship. We are committed to providing a happy, secure and stimulating environment where all children are motivated, valued, self confident and empowered to reach their full potential.*

Food supply

Our School and Playcentre:

- Encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- Encourages food choices which are representative of the foods of the School and Playcentre community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Staff will ensure that food provided to children by the school and Playcentre is in line with the **Right Bite** strategy.
- Our School and Playcentre will ensure a healthy food supply for school **activities, celebrations and events**, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and sugary drinks to no more than twice per term, in accordance with the Healthy Eating Guidelines

Our School and Playcentre has the following guidelines for families for **food brought from home**:

Brain Break/Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.
- Encourage chewing which promotes oral muscle development and hygiene

We understand that at times families may run out of fruit. A healthy sandwich (multigrain or wholemeal bread) with savoury filling or plain unsalted crackers (e.g. Vita-weat) are most acceptable

Foods unsuitable for snack time: include packaged foods, cakes, sweets, chips and sugary drinks

Food and drinks provided to children:

- Parents and carers are encouraged to provide healthy food and drink choices in line with the Right Bite strategy

Food safety

Our School and Playcentre:

- Promotes and teaches food safety to children as part of the curriculum
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff.
- All food is stored hygienically in the fridge provided in the site

Food-related health support planning

Our School and Playcentre:

- Liaises with families whose children are on special diets or have specific food allergies to ensure that the site has a good understanding of that child's needs

Working with families, health services & industry

Our School and Playcentre:

- Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- Provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - o newsletters
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays
- Promotes the alignment of fundraising with the *Right Bite* strategy.

The staff at Cadell Primary School and Playcentre thank you in advance for your support of these guidelines.

Date June 2015



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