



Nutrition in Schools Policy for Diocesan Systemic Schools

September 2019

The Catholic Schools Office, Diocese of Broken Bay gratefully acknowledges the NSW Department of Education & Communities for permission to use and adapt material from the *Nutrition in Schools Policy 2011 as amended in 2017*

PURPOSE

The purpose of the Nutrition in Schools Policy is to provide direction to Catholic schools, parents/caregivers, external providers and the wider school community in the Broken Bay Diocesan Schools System about the promotion and modelling of healthy eating and good nutrition in school programs and activities relating to food and drink. Many schools provide a canteen service for their students. School canteens can be operated by P&Fs, by schools themselves or leased to private companies. All schools should promote healthy eating and good nutrition. School canteens will be required to implement the NSW Healthy School Canteen Strategy that includes food and drink criteria.

POLICY FRAMEWORK

Life and physical health are precious gifts of God. Catholic Schools promote and model healthy eating and good nutrition in school programs and in the school canteen. This reinforces the teaching about nutrition that occurs within the Personal Development, Health and Physical Education (PDHPE) Curriculum.

The health of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school. Developing 'Healthier School Communities', is a key priority in preventing childhood obesity. The Australian Dietary Guidelines for Children and Adolescents are designed to help young people and their families choose food and drink for a healthy life.

This policy contributes to the Premier's Priority (2015) to reduce overweight and obesity rates of children by five percent over 10 years to 2025.

The **Australian Dietary Guidelines (2013)** give advice on eating for health and wellbeing.

The NSW Healthy School Canteen Strategy aims to give students across NSW a taste for healthy foods. It also helps schools to determine the healthier types of foods that should be available for sale in their canteens. The NSW Healthy School Canteen Strategy categorises food into two groupings:

1. **Everyday food and drinks**
2. **Occasional food and drinks**

POLICY CONTENT

1. Objectives

- 1.1 Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.
- 1.2 The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and class activities in other key learning areas should reinforce healthy eating and good nutrition wherever possible.
- 1.3 School canteens are required to implement the Healthy School Canteen Strategy. This requires school canteen menus to comprise at least three-quarters 'Everyday' foods and no more than one-quarter 'Occasional' foods. Packaged occasional foods are required to have a Health Star Rating of 3.5 or above. (see Appendix)
- 1.4 Schools are to transition to the revised Healthy School Canteen Strategy over a two year period, 2020 - 2021. A school's transition will be responsive to varying canteen operating arrangements, product availability, rural and remote locations and community and cultural expectations.

- 1.5 All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.
- 1.6 Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.
- 1.7 All canteen operators are required to notify the local council of their food activity details. All canteens will provide a safe and hygienic food service and comply with the Australia New Zealand Food Standards Code, Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
- 1.8 School activities that involve the provision of food must comply with the requirements of the Diocesan Schools System anaphylaxis guidelines for schools.

POLICY RESPONSIBILITY

Principals will:

- oversee the implementation of school practices that are consistent with this policy and are responsive to local needs, including cultural diversity
- include their canteen operations in the school planning process
- enable canteen managers and canteen staff (including volunteers) to attend training opportunities relevant to implementation of the NSW Healthy School Canteen Strategy.

The Catholic Schools Office will:

provide support services to assist school communities with its implementation and periodically audit the local implementation of this policy.

RELATED LEGISLATION, POLICIES AND GUIDELINES

- [Australia New Zealand Food Standards Code](#)
- [Food Act 2003 \(NSW\) and Food Regulation 2010 \(NSW\)](#)
- [Education and Care Services National Regulations 2011](#)
- [The Australian Dietary Guidelines 2013](#)
- [Sponsorship Policy and Guidelines](#)
- [Occupational Health and Safety Policy – Anaphylaxis Guidelines](#)
- [Pastoral Care Policy](#)

POLICY REVIEW

This policy will be reviewed periodically and not less frequently than once every five years.

POLICY DATES

| | |
|----------------------------------|---------------|
| Date of completion and adoption: | February 2011 |
| Date of current version: | February 2019 |
| Date of next review: | February 2021 |

authorised by
Peter Hamill
Director of Schools

APPENDIX

NSW HEALTHY SCHOOL CANTEEN STRATEGY

THE FOOD AND DRINK CRITERIA

Target minimum Criteria for all school canteens

Everyday food and drinks

Occasional food and drinks

At least $\frac{3}{4}$ of the menu.

No more than $\frac{1}{4}$ of the menu.

No Health Star Rating (HSR) cut-off.

Health Star Rating (HSR) of 3.5 stars and above.

Portion limits for flavoured milk, juice and ready-to-eat meals.

Portion limits for all Occasional food and drinks.

Display, favourably price, promote and advertise Everyday choices.

Occasional food and drinks not promoted at point of sale.

- *Sugary drinks are not to be sold in Broken Bay systemic schools.
- Schools will be supported and encouraged to achieve higher criteria for healthy food and drink options in their canteens.