Insert School Logo Date:

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| **School Name**  **Nutrition in Schools Policy** |

Schools play an important role in promoting good nutrition and healthy lifestyles. This policy incorporates a whole of school approach to teaching, modelling and promoting good nutrition, providing consistent messages to support students in decisions on healthy eating.

[School name] will promote and model healthy eating and good nutrition across all school programs and activities relating to or involving food and drink. Our school canteen will fully implement Fresh Tastes @ School (NSW Healthy School Canteen Strategy). Additionally, school fund-raising activities, classroom rewards and school events will be consistent with the principles of Fresh Tastes @ School.

**Objectives:**

1. Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.
2. Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for all canteens in NSW government schools.
3. All sugar sweetened drinks that exceed the nutritional criteria for ‘occasional’ foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, are not permitted for sale in school canteens and school vending machines at all times.
4. 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 all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible.
5. All school activities that involve the provision of food and drink to students should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.
6. Off-site school activities that involve the provision of food and drink to students, including excursions, camps and school functions should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.
7. Where school activities involve the provision of food and drink to the wider school community consideration should be given to modeling and promoting healthy eating.
8. All canteen operators are required to notify the NSW Food Authority of their food activity details. All canteens will provide a safe and hygienic food service and comply with National Food Law, Food Safety Standards (2002), Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
9. Schools with preschools are required to follow the protocols of the Children’s Services Regulation 2004 (clause 68) ensuring that students are exposed to healthy eating practices.
10. School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2nd Edition 2006).

**School Planning Process**: This policy is linked to the [School Management / Improvement Plan, Student Welfare Policy, LLWatS Action Plan, Crunch&Sip® Policy, PDHPE Scope & Sequence etc]

**Context:** The health and wellbeing 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. This policy reflects [School Name] commitment to:

* The NSW Government State Plan Priority S3 Healthy Communities (Obesity): Improved health through reduced obesity, illicit drug use and risk drinking, identified ‘Healthier Schools’ as a key priority in preventing childhood obesity in NSW.
* 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.
* The National Food Law, Food Safety Standards (2002), Food Act 2003 (NSW) and Food Regulation 2012 (NSW), Children’s Services Regulation 2004.

**Equity:** This policy is based on principles of equity and inclusiveness to ensure that all students have opportunities to engage and participate in healthy eating at school. Support will be provided for students who would otherwise miss out due to financial or other circumstances. This will involve programs including [breakfast club, provision of lunch, provision of vegetable or fruit for Crunch&Sip® etc]

In line with the principles of equity, our school is committed to making sure Aboriginal students are able to participate in all school programs and activities relating to or involving healthy food and drinks.

**Communication:** This policy will be agreed to by the school community, signed by the Principal and School Champion, and made available to parents, teachers and students. This policy will be communicated via [staff meetings, school newsletter, school website, school orientation, P&C/P&F meeting, school notice board etc]

**Responsibilities:**

The Principal will be responsible for ensuring the requirements of policy, guidelines and relevant legislation are met and responsive to local needs, including cultural diversity.

The School Champion and P&C/P&F will be responsible for supporting the Principal to meet policy requirements through the implementation of programs and practices consistent with the Fresh Tastes @ School Guidelines.

Teaching staffwill be responsible for quality teaching on nutrition and supporting whole of school nutrition initiatives.

The school Canteen Manager will be responsible for selling food and drinks in the canteen that are consistent with Fresh Tastes @ School.

This policy and related programs will be monitored and next reviewed on xx/xx/xxxx.

**Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**School Principal**