

Healthy Eating & Exercise Policy

Goal:

To promote good nutritional and physical health and encourage the adoption of healthy eating and physical exercise behaviors through the provision of a supportive school community and environment.

Objectives:

- To provide a supportive school environment that encourages good nutritional health and healthy eating behaviours in students,
- Increase the availability of healthy food choices on the school lunch menu,
- To demonstrate food safety and hygiene practices in preparation, storage and serving of food,
- To provide opportunities for students to participate in a variety of physical activities,
- To improve student's fitness levels.

Strategies:

1. To provide a supportive school environment that encourages good nutritional health and healthy eating behaviours in students:

- Ensure the school lunch menu offers affordable nutritional food choices.
- Ensure teachers have access to up to date nutrition information and resources.
- Incorporate nutrition education into the school curriculum where possible.
- Parents to receive nutrition information via school newsletter.
- Healthy eating posters will be displayed in classrooms and around school.

2. Increase the availability of healthy food choices on the school lunch menu

- Ensure existing school menu includes healthy food choices.
- Where possible products from the WA School Canteens Association Star CAP registers products database will be used.
- The number of "AMBER" light foods to be restricted.
- Food choices will consider the dietary needs of children with special health requirements and/or allergies.

3. To demonstrate food safety and hygiene practices in preparation, storage and serving of food:

- A file containing information on food storage and hygiene practices will be available and accessible to all staff and parents in the preparation of food for school children.
- Lunch delivery times to the school should be as close as possible to the beginning of lunch time.

4. To provide opportunities for students to participate in a variety of physical activities
 - Promote in school and out of school physical activities
 - Invite different sporting groups to the school to share skills with students
 - Participate in special events such as Jump Rope for Heart, Take the Challenge
 - Ensure physical education lessons cover a variety of sports
 - Endorse the participation of all students in faction events

5. To improve student's fitness levels.
 - Ensure physical education is timetabled for at least 2 hours per week
 - Include a Perceptual Motor Program in Early Childhood Centre
 - Provide equipment for student use during recess and lunch

Development & Review of the Healthy Eating Policy:

Representatives from the P&C and School Council, Students, Principal and Teacher formed a Health Committee along with Jemma Richardson (Caterwise Officer and Dietician from Chattering Community Health Centre).

The policy will be reviewed regularly and recommendations will be made for improvements as required.

Developed Friday 19th May 2006

Reviewed by School Council July 6, 2011

1.1 'TRAFFIC LIGHT' SYSTEM

The FOCiS minimum nutrient criteria have been used to define the categorisation of food and drinks into a 'traffic light' system. Accordingly, food and drinks have been classified as 'green', 'amber', or 'red'.

1.1.1 'GREEN' FOOD AND DRINKS

'Green' food and drinks are good sources of nutrients, contain less saturated fat and/or added sugar and/or salt and help to avoid an intake of excess energy (kJ).

1.1.2 'AMBER' FOOD AND DRINKS

'Amber' food and drinks have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute excess energy (kJ).

1.1.3 'RED' FOOD AND DRINKS

'Red' food and drinks lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

What's on the menu for WA schools

The table below provides examples of GREEN, AMBER and RED foods under the new traffic light system for WA public schools. This is not the entire list of available foods.

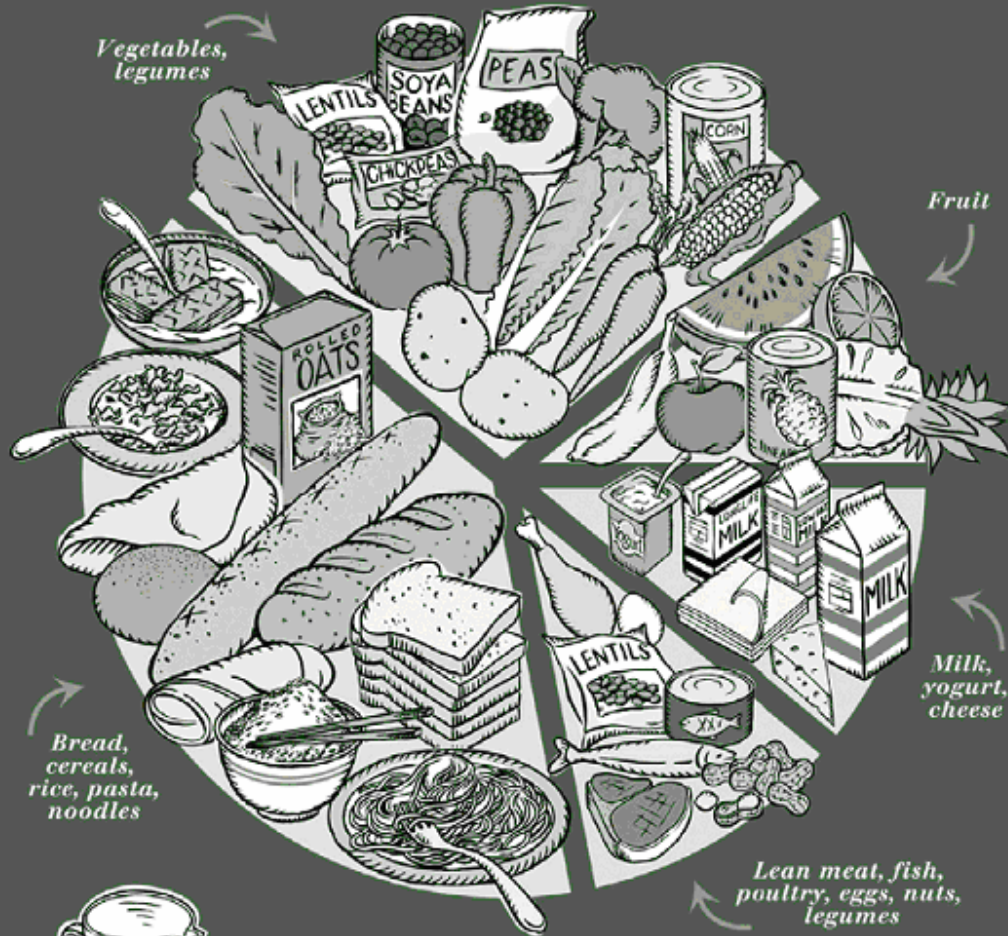
Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *School Health Care Policy* and *Anaphylaxis Advice Paper* before deciding whether or not to include nuts and nut spreads on the canteen menu.

GREEN	Examples
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned (eg bean mix, kidney beans), cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats,* fish (eg tuna, salmon, sardines), and egg
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, vegemite, yeast spreads and fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/low fat/flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks*
Drinks	Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
AMBER	Examples
Select carefully and limit	
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Snack foods bars	Registered products such as breakfast bars, cereal bars and fruit bars*
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)*
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour)*
Ice-creams, ice blocks, fruit based icepops, slushies	Registered ice-creams, milk based ice confectionery, frozen yoghurts and rice cream*
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
RED	Examples
Off the menu	
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants, doughnuts, cream filled buns/cakes, sweet pastries, slices

* Meets the criteria for Star Choice registration

THE AUSTRALIAN GUIDE TO HEALTHY EATING

Enjoy a variety of foods every day



Drink plenty of water

Choose these sometimes or in small amounts



FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH AND AGEING
PREPARED BY THE CHILDREN'S HEALTH DEVELOPMENT FOUNDATION, SOUTH
AUSTRALIA, AND DEAKIN UNIVERSITY, VICTORIA, 1998.