Healthy School Policy

Learning: The Key to Our Future

Largs Bay Schools

Healthy School Policy

[Images of healthy food and activity]
OUR VALUES
The Largs Bay Schools Community values are
RESPECT
COOPERATION
CARING
COMMITMENT
HONESTY

The following Healthy School Policy reflects these values in what we believe and in what we will do.

RESPECT
The people at Largs Bay Schools will respect theirs and others bodies and minds by:
- Treating other students and adults with dignity & respect
- Participating in regular physical exercise
- Exercising their minds by developing Higher Order Thinking Skills
- Eating healthy foods (including “Brain Food”) * See list Appendix 4 - Page 11
- Drinking adequate amounts of water on a daily basis

COOPERATION
The people at Largs Bay Schools will cooperate in making this a healthy school by:
- Participating in team sports where possible
- Cooperating with staff and students in their learning
- Cooperating with our healthy eating and be active policies and programs

CARING
The people at Largs Bay Schools will care for their bodies and minds by:
- Caring for their bodies by participating in regular activity
- Caring for their bodies by eating healthy foods

COMMITMENT
The people at Largs Bay Schools will show commitment to a healthy body and healthy mind by:
- Maintaining regular physical exercise
- Maintaining a healthy diet
- Following through on involvement with learning and sporting commitments

HONESTY
The people at Largs Bay Schools will be honest with themselves and others in their pursuit of good health by:
- Participating actively and honestly in health education and physical education lessons
- Being honest in their self evaluation and reflection regarding health and wellbeing
- Being honest in all their dealings with other students and adults in the school
PHYSICAL ACTIVITY

Rationale:
The Health & Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program helps young people learn about factors, including nutrition, that promote and protect the physical, social and emotional health of individuals, and they learn to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.

Aims:
Health and Physical Education aims to develop in students:
- an understanding that health has physical, social and emotional dimensions
- an understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities
- knowledge and skills to plan, implement and evaluate actions to promote health and safety.
- an understanding of the physical, social and emotional development across the human lifespan to promote their health and wellbeing
- an understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships
- experience as a skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities and recreation
- an understanding of how food provides nutrients for energy and growth, how it plays a significant social role in people’s lives, and how to select food to promote health and growth.

Implementation:
- All students at our school will experience a sequential Health & Physical Education program based upon the South Australian Curriculum, Standards and Accountability Framework and its key elements including Essential Learnings.
- Classroom teachers will have access to the SACSAF Health & PE Companion Document and are required to work with their respective teams, sections or faculties to develop and implement a joint Health course for all students.
- A specialist physical education teacher will provide a sequential PE skills and sporting program for all students.
- Learning opportunities must be provided that cater for the identified needs of each student.
- Student progress in both Health and Physical Education will be reported in half and end of year academic reports.
- Students will have 20-30 minutes of daily physical education, with students in the Primary and Middle School sectors also participating in “Be active” activities for approx. 60 minutes per week.
- Budgets that provide for the needs of both the Health and Physical Education programs will be developed by staff.
- The Physical Education teacher in collaboration with the Head of School 4-7 will be responsible for coordinating the school’s athletic, swimming, inter-school and intra-school sports programs.
SUN SAFE

The AIM of our school policy is to protect our students from skin damage, including skin cancer, which is the result of cumulative exposure to UVR (Ultra Violet Radiation). Much of this damage occurs during childhood and adolescence.

Some facts about UVR:
- The danger period for UVR is between 10 a.m. and 2 p.m. (11 a.m. and 3 p.m. daylight saving).
- Everyone is susceptible to the effects of UVR.
- Because of the cumulative effect of UVR exposure, skin protection is a year round issue.
- UVR is not related to air temperature. There can be high levels of UVR on cool days.
- UVR levels are higher during summer than winter months.
- While heavy clouds decrease the amount of UVR exposure, scattered or thin cloud may increase UVR through reflection.
- Reflected UVR, from light or shiny surfaces, can reach a student under a hat or shade.

We are committed to protecting our students from the harmful effects of the sun. Students who are not wearing hats and students wearing tank tops that expose the shoulders and neck at recess and lunch time are to remain in the following areas:

YARD A:
- The area along the wall of the main building (between the basketball side line and the wall).
- The verandah area of the hall opposite Room 30.
- The primary playground equipment area.

YARD B
- Under the verandah area of the main building or in the Resource Centre (when open).
- Under the pergola.

OVAL
- In the shelter shed.
- Under the large gum trees next to the tennis court.

THESE ARE THE ONLY SHADE AREAS TO BE USED.

Hats and Sunscreen must also be used during PE lessons, on excursions and during inter school sport.

SMOKING

Smoking is not permitted in the school grounds and parents and other spectators are asked to refrain from smoking at all school events including Outside School Hours Sports.
NUTRITION

We aim to:
- Establish, promote and sustain healthy eating habits.

We will:
- Promote tolerance and understanding of the nutritional practices of different cultures
- Provide information to parents about the suitability of foods through displays, newsletter items and articles.
- Distribute information regularly, discussing issues such as appropriate lunch box foods and health and nutrition facts.
- Teach children about food and nutrition by including food experiences in class programs.
- Model good eating habits and attitudes towards food and nutrition.
- Supervise students during lunch eating times and take this opportunity to communicate with children about healthy nutrition.
- Use safe handling practices when preparing and serving food.

School Canteen

The School Canteen clearly plays a major role in the provision of good nutrition for our students.

Why have healthy foods in the school canteen?
The school's canteen reflects to students the value the school puts on healthy eating practices.
The school canteen is an integral part of the school and as such will illustrate and complement classroom programmes. As well as an educational role, it has important service, social and cultural roles in Australia's multicultural society.
For many students who use the canteen regularly the food purchased there makes a significant contribution to total food intake and nutrition. Nutrition is important to health throughout life. It is particularly important at times of rapid growth and development, which include the school years.
Poor dental health, overweight, obesity, underweight, poor physical fitness, constipation, high levels of fatty substances in the blood and elevated blood pressure are associated with diet and these conditions have been identified in studies of children in Australia.

Therefore the Canteen will:
- Provide an enjoyable, nutritious and attractively presented selection of food and drink at reasonable prices (eg low in salt, low in sugar, low in fat, high in fibre).
- Help reduce health risk factors by encouraging the development of good eating habits consistent with the Dietary Guidelines of Children and Adolescents.
- Provide students with practical learning experiences about making healthy food choices that reinforce classroom programmes about nutrition.
- Make allowances for special occasions through the Canteen Committee.
- Be financially viable - not as a profit-making venture, but to cover costs

Special Activities
1. The Canteen Committee, in consultation with the Canteen Manager, shall decide when the canteen should cater for school functions and determine the arrangements in liaison with the school community.
2. “Special Treat Days” will be limited to once per month (these may take the form of a Baked Potato Day, Pizza Day, Hot Dog Day etc.)

3. When other groups (eg. Fundraising Committee, Student Voice etc.) conduct special activities involving the provision or sale of food, the Canteen Manager should be kept informed about these. Where possible, these activities should be run in conjunction with the Canteen. The Canteen manager should be given two weeks notice of “Special Activities” involving the provision of food.

4. The Canteen shall be closed for lunchtime food sales on the last day of term if a “Sausage Sizzle” lunch is to be offered. This will enable stocktaking, cleaning etc.

During activities such as Class Parties etc. teachers will encourage the provision of healthy foods, although these activities may also be classed as “Special Activities”.

Food offered for sale in the Canteen
We believe it is important to balance the eating of good nutritional food and parents wish for the children to have ‘treats’ occasionally. Therefore, food in the canteen will be selected under the following guidelines:

- low in fat - particularly low in saturated fat
- low in sugars
- low in salt and no added salt to sandwiches and rolls
- low in preservatives
- care taken with added food colourings
- avoid highly processed food
- avoid highly packaged food.

The Canteen uses the “Focus & New South Wales School Canteen Association Buyers Guide” to determine the most appropriate foods to sell. We are working towards only stocking food from the green section (“everyday foods” – low in fat, sugar & salt) by the start of the 2007 school year.

As healthy food often takes more time to prepare, some “healthy foods” may only be available on certain days.

The school through, Governing Council, will support the canteen to improve it’s cooking and storage facilities (eg. stoves, freezers etc.) and provide adequate time for the Canteen Manager to enable it to comply with the healthy eating policy.

Pricing
We believe the canteen prices should reflect the need to:

- cover all costs
- provide healthy food choices at a reasonable price

Packaging
We believe that the food sold in the canteen has a major impact on the litter in the school. Therefore we will attempt to minimise the packaging on the food offered for sale and use sustainable (eg. recyclable, biodegradable) packaging where possible.

Support of students, teachers and parents
Students, teachers and parents should:

- Respect the roles and responsibilities of the canteen workers
- Work cooperatively wherever possible
- Regularly acknowledge the efforts of volunteer workers
- Encourage students and teachers to use their canteen
• Encourage people to support the canteen by offering assistance

The Leadership Team should:
• Introduce new parents to the canteen staff
• Encourage voluntary assistance of parents (including the provision of Childcare where possible)
• Ensure the operations, safety and work conditions abide with the Occupational, Health, Welfare and Safety Act regulations

**ALLERGIES**

Largs Bay Schools are...... NUT AWARE *

**Purpose:**
• To provide a safe learning environment for all members of the Largs Bay Schools community.
• To raise the awareness of all members of the community regarding severe allergies.

**Management**
Where a parent of a child with a allergy to nuts or nut products has alerted the school to this fact (backed by medical evidence / documentation), the school will manage the situation in the following way:

• Parents and caregivers being requested NOT to send food to school that contains peanuts or cashews. This includes peanut butter and “Nuts about Chocolate”.

• Staff supervising eating at lunch time in classrooms or another confined area.

• Students being encouraged NOT to share food.

• Staff participating in training from St John / Red Cross in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.

• The School canteen complying with the Nut Awareness Policy

• Students bringing food that contains nuts or nut products being asked to eat that food away from any other students

**Promotion**
The policy will be promoted by:
• Parents and caregivers being informed via the newsletter & other correspondence
• New families to the school community being informed via the Enrolment Information Package.
• Governing Council being informed and has given approval and support
• Staff being informed and provided with training opportunities
• Students being informed via teachers and newsletter
We acknowledge that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food, thus, “Nut Aware” Schools.
APPENDIX 1 - ROLE STATEMENTS

CANTEEN MANAGER

The Canteen Manager is expected to:
1. Ensure that the Canteen operates in line with the Largs Bay Schools Healthy School Policy.
2. Actively recruit volunteers with the help of the Canteen Committee.
3. Organise and maintain a working roster of volunteer helpers.
4. Provide reports (including financial reports) to the Canteen Committee (as a representative group of the Governing Council) as required in conjunction with the school Finance / Administration staff.
5. Provide a detailed financial report to the School AGM each year.
6. Oversee and work co-operatively with volunteer helpers.
7. Work in harmony with the general school program and the school canteen constitution.
8. Liaise with staff where appropriate.
9. Be innovative in marketing and preparation of food lines and aim to maintain profitability within the guidelines.
10. Ensure that daily operations are carried out correctly.
11. Maintain control over stock and ordering.
12. Consult with the Canteen Committee regarding changes to the Canteen Menu.
13. Ensure that the canteen meets health and hygiene requirements.
14. Work in conjunction with the Canteen Committee to develop and review guidelines for the day-to-day operation of the canteen and to deal with special circumstances eg. late orders, credit, special dietary requirements, etc.
15. Carry out stocktaking to meet normal auditing and accounting requirements.
16. Be responsible for the efficient collection of money and its delivery to the office.
17. Be personally responsible for regular cleaning of ovens, food warmers, refrigerators and freezers, cupboards and shelves.

VOLUNTEER HELPERS

1. The Canteen (as is the rest of the school) is a No Smoking Area.
2. Appropriate hygiene procedures must be undertaken while working in the Canteen: hands must be washed after handling money, using handkerchief, scratching hair, toilet, etc.
3. Small children can present a risk in the canteen working area and their presence for long periods of time is discouraged.
4. School aged children of volunteer helpers are strongly discouraged from entering the canteen work area.
5. Hand basin and appropriate towel (supplied) for wiping hands to be used, not the sink or tea towel.
6. Helpers are asked to begin at 9.00 a.m. and finish at 1.30 p.m. They are requested to help as directed by the manager. Duties may include:
7. Checking money from orders and preparation of class lunch boxes.
8. Preparation of food for sale (eg. stacking of shelves and stands, snack foods, wrapped and boxed, etc.)
9. Assist in serving, daily cleaning, washing up and sweeping of floor.
10. Assist to check monies from the day’s takings.
11. Lunch and morning tea will be provided for helpers in the Canteen. Tea and coffee will also be provided.

APPENDIX 2 - FOOD & DRINKS FOR GOOD NUTRITION

Drinks
- Water
- Milk
- Fruit Juices (no added sugar)

Bread and Cereal Food Group
- Wholegrain bread or toast (plain or with vegemite, cheese spread)
- Savoury biscuits (Sao, Salada, Vita wheat, Jatz, Cruskits, Premium)
- Wholegrain sandwiches
- Rice crackers (no added salt)
- Corn crackers (no added salt)
- Pretzels (no added salt)
- Pancakes or pikelets
- Low sugar “Healthy” cakes, muffins or slices.
- Fruit loaf
- Pita breads
- Crumpets, muffins, scones
- Noodles or pasta with tomato sauce and cheese
- Canned spaghetti/baked beans
- Risotto and rice dishes
- Pumpernickel bread
- Weetbix, Puffed wheat, Vita Brits
- Plain popcorn

Fruit and Vegetables - In Season
- Strawberries
- Rockmelon
- Watermelon
- Honeydew melon
- Kiwi fruit
- Oranges
- Pears
- Banana
- Mandarin
- Nectarine
- Peaches
- Apricots
- Plums
- Mulberries
- Pineapple
- Mango
- PawPaw
- Celery
- Carrot
- Cucumber
- Lettuce
- Snow pea
- Capsicum
- Bean Sprouts
- Alfalfa
- Sweet corn
- Tomato
- Grapes
- Apples
- Any other fruits and vegetables
Quick Snack Ideas

- Canned fruit or fruits packed in natural juice
- Soft dried fruit
- Baked potatoes with filling
- Salads
- Vegetables with dip, hummus, yoghurt dip
- Fruit smoothies
- Corn on the Cob
- Vegetable Frittata
- Vegetable patties
- Lentil burgers
- Hard boiled egg
- Carrot sticks and Tzatziki dip
- Fruit salad
- Homemade pizza
- Spaghetti
- Lasagne
- Ravioli
- Zucchini slice

- Baked Beans
- Quiche
- Tuna momay
- Stew
- Roast chicken
- Cooked vegetables
- Home made hamburger
- Soup
- Potato salad
- Rice
- Toasted sandwich
- Savoury muffins
- Yoghurt
- Fruit kebabs
- Fruit smoothies
- Zucchini slice
- Celery sticks with cream cheese spread
- Cheese and crackers

Sandwich Ideas

**Bread:** Choose from wholemeal, multigrain, light and dark rye, pita bread. Combine different breads for variety. Alternate different breads throughout the week.

**Bases:** Cold leftover meats, ham or corned beef, chopped or curried egg, cheese, chicken, salmon, tuna, banana, chopped fruit, sardines or cottage cheese.

**Extras:** Grated carrot, coleslaw, tomato, lettuce, chopped celery, chives, mayonnaise, asparagus, tomato sauce, cucumber, gherkin, chutney, pickles, grated cheese, or onion.

**Suggestions:** Mashed baked beans, raisins and vegemite, creamed corn, raisins and sliced apple, banana and sultanas, rissoles and tomato sauce, curried egg and lettuce, grated cheese and grated carrot, asparagus and cheese, cheese, tuna and onion.

**Hints:**
- Make up a weekly supply of sandwiches in advance, label with the day of the week, and freeze.
- Sandwiches can be toasted.
- Serve a roll to vary the texture and make the fillings chunkier.
- The crispbread lunch is another variation. Don’t use moist or chunky fillings in crispbread.
- Whole-wheat breakfast biscuits can be split in half, spread with vegemite and sandwiched together.
APPENDIX 3 - PLEASE DO NOT CONSUME

We request that children do not consume these items whilst at Largs Bay Schools.

- Potato Chips
- Twisties, Cheezels, Burger Rings and other high fat/high salt snack foods
- Lollies
- Chocolates
- Sweet biscuits
- Roll-ups
- Snack foods with more than: -10g of fat / 100g
  -10g of sugar / 100g
  -400mg sodium / 100g
- Cordial
- Soft drinks / fizzy drinks
- Fruit drinks or juice with added sugar
## APPENDIX 4 - BRAIN FOODS

"Brain foods" are those foods that improve brain function. Students are encouraged to eat these in small amounts at regular intervals during the day.

### Everyday Brain Foods
- Avocados
- Bananas
- Beef, lean
- Broccoli
- Brown rice
- Brussels sprouts
- Rock Mellon
- Cheese
- Chicken
- Green vegetables
- Eggs
- Legumes
- Milk
- Oatmeal
- Oranges
- Peas
- Potatoes
- Lettuce
- Salmon

### Unhealthy Brain Foods
- Soybeans
- Spinach
- Tuna
- Turkey
- Wheat germ
- Yogurt
- Alcohol
- Artificial food colourings
- Artificial sweeteners
- Colas
- Corn syrup
- Frostings
- High-sugar "drinks"
- Hydrogenated fats
- Junk sugars
- Nicotine
- Overeating
- White bread