

NUTRITION POLICY

PURPOSE

Moe (Albert Street) Primary School is a Health Promoting School. Nutrition is taught through the curriculum and supported through community partnerships.

The aim of the Moe (Albert Street) Primary School Nutrition Policy is to ensure the school provides an environment that supports optimum learning conditions by encouraging good nutrition for its students, staff and parents/carers.

- It will outline strategies to address areas in nutrition that the school and its community has identified as important.
- It will provide clear guidelines to all staff and recommendations to parents/carers.
- It is helpful in familiarising parents and students with the nutrition strategies operating in the school.

Ten nutrition topics have been identified as important and for inclusion in the Moe (Albert Street) Primary School Nutrition Policy.

These are –

- Water consumption
- Nutrition education
- Role of the canteen
- Oral health
- Lunchbox
- Brain food
- Breakfast Club
- The eating environment
- Role modelling
- Community partnerships

Over time, the school will be able to evaluate the Policy's effectiveness and identify areas for improvement. The policy will be reviewed annually.

WATER CONSUMPTION

1. The consumption of water is permitted during class time throughout the year to promote hydration and good drinking practices. It is recommended that the water bottle be placed within the child's reach.
2. Students are encouraged to bring a water bottle for their own use in class. Sharing of water bottles is not permitted. Each bottle must be clearly named.
3. Only plain water is to be consumed during class time to minimise the risk of dental decay and insect infestation. Other appropriate drinks can be consumed during breaks.
4. Water bottles may be placed in insulating material if desired to keep them cool.
5. Water consumption is encouraged during breaks especially after physical activity.

NUTRITION EDUCATION PROGRAM

Teachers

1. The school will support teachers to be the educators by providing opportunities for up-skilling them in nutrition.
2. The school will provide resources for teachers to facilitate learning in the Dimension of '*Health Knowledge and Promotion*' in the Physical, Personal and Social Learning Strand of the Victorian Essential Learning Standards (VELS).

Parents / Carers

1. The school will provide opportunities for parents to obtain nutrition education materials and participate in nutrition education sessions throughout the year.
2. Nutrition education will include articles and information in the newsletter and on the school's website, references to internet websites, guest speakers and workshops.
3. Topics and format will be determined by feedback from parents and the community.

Children

1. Nutrition education for students will be addressed through learning in the Dimension of '*Health Knowledge and Promotion*' in the Physical, Personal and Social Learning Strand of the Victorian Essential Learning Standards (VELS).

ROLE OF THE CANTEEN

Moe (Albert Street) Primary School will provide a food service to students and staff in support of the education that children receive by:

1. Providing a range of lunch foods and drinks including healthy choices
2. Promoting healthy food choices from the canteen menu by limiting items high in sugar, fat and salt content.
3. Brands and items which are lower in fat and sugar content will be sought as preferred menu items.

Please refer to the Moe (Albert Street) Primary School canteen menu.

ORAL HEALTH

1. Teachers are encouraged not to use lollies as rewards for children.
2. Children who wish to brush their teeth at school will be provided with a suitable area (not toilet area) to undertake brushing. It is recommended that children with braces brush their teeth after every meal. Parents/carers can negotiate this procedure with School Management.
3. The school will ensure that oral health information is made available to parents/carers.
4. Oral health information will be linked with general health education where appropriate. Topics on oral health will be available from Oral Health Professionals through the Nutrition Education
5. It is recommended that mouth-guards be worn during contact sports.

LUNCHBOX

1. Information about lunchbox content ideas will be provided to parents through a range of avenues. These include –
 - Parent handbook
 - Annual calendar
 - Newsletter articles
 - School website
 - Nutrition education program for parents/carers
 - Enrolment package
2. It is recommended a variety of foods from the five food groups make up the content of the lunchbox.
3. It is recommended to avoid foods and drinks that have a detrimental impact on learning and health. For example, caffeine drinks, carbonated drinks,
4. Foods high in fat, sugar and salt, etc. are not recommended for inclusion in the lunchbox. E.g. lollies, roll-ups, soft drinks, potato crisps, chewing gum and bubble gum etc.

BRAIN FOOD / FRUIT and SERIAL

1. The consumption of brain food will be permitted during the two hour literacy block. (Eg Nuts, sultanas, fruit)
2. The consumption of fresh fruit and vegetables during serial reading sessions is encouraged.

BREAKFAST CLUB

1. It is recommended a variety of items from the food groups be available at the Breakfast Club. Eg Whole milk, cereals and fruit.
2. Foods high in fat, sugar and salt are not recommended for inclusion in the Breakfast Club.

THE EATING AREAS

1. The school will endeavour to provide pleasant eating areas protected from the sun.
2. Students are encouraged to contribute ideas to enhance their eating areas.
3. Students are expected to respect the eating areas by keeping them tidy and litter free at all times.
4. It is mandatory that students sit for a minimum of 10 minutes during breaks before morning play and 15 minutes before midday play to allow for the consumption of food in a relaxed manner.

This policy is to be gradually implemented over a two year period commencing in March 2006.