

# Fremantle Primary School Safe and Healthy Eating Policy

**RATIONALE:** The school and staff promote a culture of healthy and hygienic eating habits. We are committed to providing relevant information and resources to our community through our newsletters. We respect parent choice and wish to work with families to ensure students learn how to make informed food choices. We recognise that celebrating together fosters togetherness and inclusivity and this can happen with sharing foods.

## PURPOSE

- To promote a culture that fosters healthy eating habits of students at school through the curriculum;
- To comply with Department of Education policy on healthy eating; and
- To ensure staff, students, parents, and visitors are informed about the healthy eating guidelines.

## GUIDELINES

- Nutrition and physical activity messages are taught through the Health curriculum every term.
- If the school is providing food:
  - a. Schools follow the Traffic Light system for categorising foods. Red foods are not to be supplied by staff as they lack adequate nutritional value, are high in saturated fat, and/or added sugar and/or salt, can contribute excess energy (kilojoules), can contribute to tooth decay and erosion; and
  - b. Students **may only be supplied** 'red' foods on limited occasions, in small amounts and only when it is essential to the learning program. On occasion some curriculum areas such as maths or science may require the tasting of amber and red foods, but this is to be kept to a minimum and is always a choice.
- If parents wish to provide food to be shared during school activities,
  - a. We ask that they contact their classroom teacher to be informed about any allergies and the heating/cooling facilities available at the school so that final preparation of high-risk foods is catered for appropriately.
  - b. That they consider our school's encouragement of healthy food choices. (See link below for a list of Green and Amber foods).
  - c. Staff will seek to hold celebrations at the end of the day where possible to 1) minimise disruption to the learning program, 2) ensure any foods do not take the place of recess or lunch, and 3) to allow for the option of students to take any cake home with them.
  - d. Parents who do not wish for their child to eat the food may wish to provide their child with an alternative to eat during the celebration.
  - e. When celebrating a child's birthday, we encourage sharing food **after school** to allow for students more choice about if they want to take part in the celebration. We also ask that instead of a cake, that parents supply only small cupcakes or muffins or healthier alternatives in small portion. This measure also ensures hygienic practices and the option for students to take the food home if preferred.
  - f. Parents are asked to recognise that within the busy environment of the classroom, singing birthday songs is a fun and festive tradition that already makes the child feel special. There is no expectation for parents to provide a class treat, in fact it is preferred that one isn't sent to school.

In the instances that a parent cannot invite classes to join the birthday student to the playground after school, please negotiate with the classroom teacher, keeping in mind:  
-give at least 2 days' notice to the classroom teacher if they still wish to celebrate their child's birthday at school.

-Teachers are then able to notify other parents if there is an up-and-coming celebration so that they are forewarned and can provide alternative food if preferred.

-Parents then have a chance to discuss food choices with their children.

-Parents are welcome to provide alternative foods at the beginning of the year (term?) which can be stored and/or frozen then defrosted as/when needed.

\*Teachers have the right to decline or postpone the request due to the needs of the class. As classes have 24-32 students, there can be many factors for the class teacher to consider, including the sheer volume of celebrations at times within the year.

- If the P&C provide food for fundraising:
  - a. They are strongly encouraged to promote practices consistent with healthy eating; however,
  - b. They are exempt from following the Traffic Light system.
  
- Classes have Crunch'n'Sip times each morning, where students sit to eat a healthy snack together.
- Our school has a policy of no lolly rewards. Note: Icy poles supplied by the school as rewards for faction token winners contain no sugar or preservatives.
- Our school canteen meets the Food Standards Code and our lunch service (Thursdays) offers no Red foods as per this policy.
- Our school supports students to have water available at all times. All classes allow students to have water bottles (with a sipper lid) in class and students can access their drink bottle whenever they require it. \*At the beginning of each school year, educators set guidelines around drink bottles and responsible behaviours that allow the student and their peers to concentrate / limit classroom disruptions.
- In the interests of hygiene and health, students are not to swap their recess and lunch meals with other students.
- Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day.
- We understand that providing the most nutritious lunchbox is not always possible or affordable, so this policy seeks to be considerate and respectful of all those considerations, including religious beliefs and the rights for parents to choose what their children eat. Please inform the class teachers if there any further considerations that we need to make.
- If you require any assistance, please contact admin or the school chaplain.

## **ALLERGIES**

- Our school is a **Nut Aware School**, so we ask parents to avoid sending foods that contain nuts to school. This includes peanut paste, nut spreads such as Nutella and fruit and nut bars.
- We have several students who experience anaphylactic or allergic reactions if exposed to nuts (or other foods). For some of these students the anaphylactic reaction can be life threatening. Classroom teachers will inform you of specific allergies in the class as needed.
- We would like to emphasise the seriousness of this issue as some students can become seriously ill in a matter of minutes. Even if food items contain traces of nuts, please try, and avoid giving them to your child in their lunch boxes and save these treats for home.

- Children do not always understand the importance of hygiene practices to remove traces of nuts from hands and saliva, such as thoroughly washing hands, and/or drinking water.
- **Let us know!** Please can parents disclose allergies to school and provide an in-date adrenaline injector (such as EpiPen®) and an Action Plan for Anaphylaxis completed by their doctor.

## REFERENCE DOCUMENTS

Crunch and Sip: [Healthy Lunchboxes](#)

Department Of Education: [Healthy Food Choices](#)

Canteen Guidelines: [Food Standards Code](#)

Recipes for 'Amber' cakes: <https://www.waschoolcanteens.org.au/recipes/sweetrecipes/>

Allergy and Anaphylaxis Australia: <https://allergyfacts.org.au/resources/help-sheets/food-bans>

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