



# ST THOMAS' PRIMARY SCHOOL

## HEALTHY FOOD AND DRINK CHOICES

Review: 2017

### 1. Rationale

Students at St Thomas' Primary School are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. Catholic schools encourage students to make healthy choices for their lives including healthy food choices.

### 2. Scope

This policy applies to all students from Pre Kindergarten – Year 6.

### 3 Principles

- 3.1 A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents and the broader community about the value placed on human life.
- 3.2 It is important that parents, staff members and students at St Thomas' Primary School work together to support a whole-school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle.
- 3.3 Lunch orders are outsourced and shall serve the school community with nutritional food at affordable prices.
- 3.4 Healthy lunch order choices complement the nutritional knowledge taught in the classroom and promote a school culture of healthy eating that can extend into the wider family and community.
- 3.5 The school Health curriculum will provide opportunities for students to learn about nutrition and making healthy food choices.
- 3.6 School canteens comply with the Catholic Education Commission of Western Australia Policy statement 2-C14 'Occupational Safety and Health in Schools' in order to provide safe handling, preparation and serving of food.
- 3.7 This policy also extends to classroom rewards, cooking activities, school camps and excursions.
- 3.8 Birthday treats provided by parents should comply with our Healthy Food and Drink choices.

### 4. Procedures

- 4.1 St Thomas' Primary School, in consultation with the school community, shall develop a school based 'Healthy Food and Drink Choices' policy.
- 4.2 St Thomas' school lunch orders promotes a wide range of healthy and nutritious food and drinks and follow the minimum standard required to ensure that menus

follow the 60% 'green' and 40% 'amber' food and drinks, according to the traffic light system in Appendix C of the Department of Education and Training Healthy Food and Drink Policy<sup>2</sup>.

- 4.3 St Thomas' is an allergy aware school and as such, foods containing nuts or nut products, cannot be sold or brought to school. Other allergies may also prohibit the bringing to school of some food items for particular classes.
- 4.4 The Star Choice Buyers' Guide<sup>3</sup>, which is a register of all products that meet minimum nutrient criteria for the food type, is used as a resource for planning menus.
- 4.5 St Thomas' Primary School will liaise with The Western Australian School Canteen Association and local health professionals to provide advice on menus and products suitable for use.

## **5 References**

<sup>1</sup>Catechism of the Catholic Church, page 364

<sup>2</sup>The Department of Education and Training '*Healthy Food and Drink Policy*', Appendix C

<sup>3</sup>Western Australian School Canteen Association 'The Star Choice Buyers' Guide' available at [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)

## **6. Related Documents**

Catholic Education Commission of Western Australia Policy statement 2-C6 'Occupational Safety and Health in Schools'

The Australian Guide to Healthy Eating and the National Dietary Guidelines for Children and Adolescents in Australia (2003) shall be considered conjointly with this Policy statement