**PURPOSE**
The school will foster and support the development of life-long patterns of making healthy nutritional choices.

**BACKGROUND**
Childhood obesity is now recognised as a world wide epidemic. In Western Australia the number of children and young people who are overweight or obese has tripled since 1985, with a quarter of boys and a third of girls aged 7-15 years overweight. Young people who carry excess weight or are obese have a greater risk of a number of immediate and long-term health and behavioural problems.

**KEY UNDERSTANDINGS**
1. Inappropriate nutrition in Australian children is evidenced by:
   - the increasing incidence of childhood diabetes,
   - the number of children with food intolerances
   - the adverse effects of some foods on child behaviour
   - the increased risk of severe reactions caused by food allergies
2. Good nutrition is essential for optimal learning and healthy growth.
3. Educating students to make healthy nutritional choices requires a complementary effort between the school and parents.

**HEALTH CARE PROVISION**
The provision of health care is necessary to promote and maintain the health and wellbeing of all students. Health care provision includes:
- promoting the health, safety and welfare of all students;
- managing the health care needs of students who require health care support while under the school's supervision;
- informing and preparing staff to manage student health care needs, and respond to health emergencies; and
- providing staff with access to advice, resources and training when planning to meet the health care needs of students

**SCHOOL EXPECTATIONS**

**Curriculum**
An ongoing risk at Bicton Primary School is the severe reaction to foods such as nuts and eggs, including anaphylaxis reaction.

At Bicton we acknowledge food intolerance and attempt to minimise the risk. All care and provision will be made in all school activities to cater for individual needs.
We plan activities to be inclusive. Therefore when food is involved consideration must be given for food intolerant students.

Class teachers will leave relief teachers clearly highlighted information alerting them to the needs of food intolerant anaphylactic students in their class.

Provide students with practical learning experiences about making healthy food choices that reinforce classroom lessons and “Traffic Lights” as indicated in the “Traffic Light” guidelines to nutrition.
School staff not to consume food containing nuts and eggs as a main 'ingredient' while on duty or lunch supervision. (‘Ingredients’ will alter from time to time, according to the special needs of students)

Celebrations (birthdays, special school events)
Food is often used to reflect a particular cultural context such as Shrove Tuesday or Bastille Day. It is acknowledged that some of these foods may be ‘red foods’, however, these occasions should be very limited, the ‘red foods’ should be kept to small portions eg a small Easter Egg. (Appendix 1)

Culturally accepted celebrations involving food, such as Easter, Christmas and birthdays are all important and should occur. However, we must attempt to plan these occasions according to the School's Healthy Eating Policy by reducing the frequency of red food, providing healthier alternatives, reduced quantity and consideration given for food intolerance.

Classroom rewards
School staff should model healthy eating. An excellent way to do this is to encourage ‘Crunch and Sip’ in the afternoons.

The provision of ‘red food’ as rewards is not promoted. It is recognised that end of year class parties should occur however staff, parents and students are strongly encouraged to promote the ‘green foods’ and some ‘amber foods’ with very little, if any, ‘red foods’ at these functions.

Education of parents/carers
The newsletter is a forum to provide updates and reminders for all parents of our expectations in regard to healthy eating.

Lunchboxes
Food should not be shared unless at a designated shared lunch eg rice bowl lunch and peace lunch.

Environmentally friendly food packaging and reducing food and packaging waste is promoted.

Fundraising
Fundraisers schemes using chocolates or lollies is not appropriate under this policy

Canteen menu
Refer to the Bicton PS Canteen Policy

Review
Policy reviewed AUGUST 2012 and then annually in August.

Appendix 1

The minimum standard required for compliance with the policy is a menu made up of 60% ‘green’ and 40% ‘amber food’ and drinks according to the ‘traffic light’ system. Schools are encouraged to exceed this minimum standard.

‘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).

‘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).

‘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).
The Australian Guide to Healthy Eating

Enjoy a variety of foods every day

- Vegetables, legumes
- Fruit
- Bread, cereals, rice, pasta, noodles
- Lean meat, fish, poultry, eggs, nuts, legumes
- Milk, yogurt, cheese
- Drink plenty of water

Choose these sometimes or in small amounts
Healthy food and drink choices in schools

Fill the menu
Encourage and promote these foods.

These foods:
• are good sources of nutrients
• contain less saturated fat and/or added sugar and/or salt
• help to avoid an intake of excess energy (kJ).

Select carefully
Do not let these foods dominate the menu.

These foods:
• have some nutritional value
• contain moderate levels of saturated fat and/or added sugar and/or salt
• are high in saturated fat and/or added sugar and/or salt
• can contribute excess energy (kJ).

Off the menu
These foods are not available in school canteens because they:
• lack adequate nutritional value
• are high in saturated fat and/or added sugar and/or salt
• can contribute excess energy (kJ).
## Appendix 4

### What's on the menu for WA schools

The table below provides examples **GREEN, AMBER AND RED** foods under the 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.


<table>
<thead>
<tr>
<th><strong>GREEN</strong> – Fill the menu</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads</td>
<td>A variety of bread types</td>
</tr>
<tr>
<td>Cereal foods</td>
<td>Wholegrain cereals, pasta, noodles, rice</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetables and salads (reduced fat dressing only), all salad mixtures</td>
</tr>
<tr>
<td>Fruit</td>
<td>Fresh, frozen and tinned (in natural juices)</td>
</tr>
<tr>
<td>Legumes</td>
<td>Tinned (e.g. bean mix, kidney beans), cooked</td>
</tr>
<tr>
<td>Reduced fat dairy products</td>
<td>Reduced fat; milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese</td>
</tr>
<tr>
<td>Lean meat, fish, poultry and alternatives</td>
<td>All lean meats, chicken (no skin) or registered meats, * fish (e.g. tuna, salmon, sardines), and eggs</td>
</tr>
<tr>
<td>Sandwich fillings</td>
<td>All lean meats, lean chicken, fish, creamed corn/ corn kernels, egg, canned spaghetti <em>(reduced salt)</em>, salads, baked beans, low fat cheese, hommos, vegemite, yeast spreads and fish spreads *</td>
</tr>
<tr>
<td>Hot food</td>
<td>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</td>
</tr>
<tr>
<td>Snacks</td>
<td>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 *</td>
</tr>
<tr>
<td>Drinks</td>
<td>Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water</td>
</tr>
</tbody>
</table>

### AMBER – Select carefully and limit

<table>
<thead>
<tr>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast cereals</td>
</tr>
<tr>
<td>Full fat dairy foods</td>
</tr>
<tr>
<td>Savoury commercial products</td>
</tr>
<tr>
<td>Savoury snacks</td>
</tr>
<tr>
<td>Cakes, muffins and sweet biscuits</td>
</tr>
<tr>
<td>Ice creams, ice blocks, fruit based icedpops, slushees</td>
</tr>
<tr>
<td>Drinks</td>
</tr>
</tbody>
</table>

### RED – Off the menu

<table>
<thead>
<tr>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar and artificially sweetened drinks</td>
</tr>
<tr>
<td>Confectionery</td>
</tr>
<tr>
<td>Pastry items</td>
</tr>
<tr>
<td>Sandwich meats</td>
</tr>
<tr>
<td>Deep fried foods</td>
</tr>
<tr>
<td>Savoury snacks</td>
</tr>
<tr>
<td>Ice creams</td>
</tr>
<tr>
<td>Sandwich fillings</td>
</tr>
<tr>
<td>Cakes muffins, sweet pastries</td>
</tr>
</tbody>
</table>