

**Fraser Primary School Preschool Unit**

**Nutrition Policy**

**Policy Statement**

**Values:**

Fraser Primary School Preschool Unit actively promotes health and well being. Nutrition is taught through the curriculum and supported throughout the practices and programs throughout the school community.

**Scope:**

This policy applies to the Nominated Supervisor, Certified Supervisors, Educators, Staff, Volunteers, parents/Guardians, Children, Pre-service teachers of Fraser Primary School Preschool Unit.

**Aims:**

The aim of the Fraser Primary School Preschool Unit Nutrition Policy is to ensure the preschool provides an environment that supports good nutrition for its students, staff and community.

* It will outline strategies to address areas in nutrition that the school community has identified as important.
* It will provide clear guidelines to all staff and recommendations to community members.
* It is helpful in familiarising parents and students with the nutrition strategies operating in the school.
* It forms an operational basis for food provision in our community.

**3. BACKGROUND AND LEGISLATION**

**Background**

The United Nations Convention on the Rights of the Child is founded on respect for the dignity and

worth of each individual, regardless of race, colour, gender, language, religion, opinions, wealth, birth status or ability. Actively engaging in children’s learning and decision-making during play, daily routines and ongoing activities can stimulate children’s thinking, enrich their learning and encourage them to explore and manage their feelings and behaviour.

Regulation 155 of the National Regulations requires an Approved Provider of children’s services to take reasonable steps to ensure that the service provides education and care to children in a way that encourages them to express themselves, develop self-reliance and self-esteem, maintains their dignity and rights, provides positive guidance and encouragement towards acceptable behaviour, and respects their cultural and family values.

Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for good health. Enjoyment of a healthy diet can also be one of the great cultural pleasures of life. The foods and dietary patterns that promote good nutrition are outlined in the Infant Feeding Guidelines and Australian Dietary Guidelines. An unhealthy diet increases the risk of many diet-related diseases.

According to the NHMRC, the major causes of death, illness and disability in which diet and nutrition play an important role include coronary heart disease, stroke, hypertension, atherosclerosis, obesity, some forms of cancer, Type 2 diabetes, osteoporosis, dental caries, gall bladder disease, dementia and nutritional anaemias. The Infant Feeding Guidelines and Australian Dietary Guidelines assist us to eat a healthy diet and help minimise our risk of developing diet-related diseases.

The prevalence of overweight and obesity among Australians has been steadily increasing for the past 30 years. In 2011–12, around 60% of Australian adults were classified as overweight or obese, and more than 25% of these fell into the obese category (ABS 2012). In 2007, around 25% of children aged 2–16 were overweight or obese, with 6% classified as obese (DoHA 2008).

A 2009 report by the Organisation for Economic Co-operation and Development (OECD) predicts that there will be continued increases in overweight and obesity levels across all age groups during the next decade in Australia, to around 66% of the population (Sassi et al. 2009).

While overweight and obesity are prevalent in all population groups, variation exists in their distribution across the Australian population. Obesity is particularly prevalent among those in the most disadvantaged socioeconomic groups (ABS 2008), Aboriginal and Torres Strait Islander peoples (Penm 2008) and many people born overseas (ABS 2008; O’Dea 2008). Obesity is also more prevalent in rural and remote areas compared to urban areas (ABS 2008).

Health problems related to excess weight impose substantial economic burdens on individuals, families and communities. Data from the Australian Diabetes, Obesity and Lifestyle (AusDiab) study indicate that the total direct cost for overweight and obesity in 2005 was $21 billion ($6.5 billion for overweight and $14.5 billion for obesity). The same study estimated indirect costs of $35.6 billion per year, resulting in an overall total annual cost of $56.6 billion (Colagiuri et al. 2010).

**Legislation and standards**

**Relevant legislation and standards include but are not limited to:**

Children and Young people Act (2008)

Disability Discrimination Act 1992 (Cth)

Education and Care Services National Law ACT (Act) 2011

Education and Care Services National Regulations 2011

Human Rights Act 2004 (ACT)
Human Rights Commission Act 2005 (ACT)

**Implementation:**

The school community has identified nine nutrition topics for inclusion in the Nutrition Policy. These are –

* Water consumption (Regulation 78)
* Nutrition education
* Role of the canteen
* Oral health (Regulation 87, 88)
* Food from home (Regulations 77,78)
* School Breakfast Program (Regulations 77, 78, 79, 80)
* Eating practices (Regulations 77, 78, 79, 80)
* Events coordination (Regulations 77, 78, 79, 80)
* Cultural and Religious Practices (Regulations 77, 78, 79, 80)

**Water Consumption:**

1. The consumption of water occurs throughout the day as required to promote hydration and good drinking practices. It is recommended that the water bottle be placed within each child’s reach. Teachers are encouraged to role model the drinking of water throughout the day. The delivery of water to children will be inclusive at all times. For example use of a water esky and a class set of named cups.
2. Students are encouraged to bring a water bottle for their own use throughout the day. Sharing of water bottles is not appropriate or acceptable. Each bottle must be clearly named. Water bottles can be freely used across the school including on the playground, the library, dance studio and during computer use.
3. Only plain water is to be consumed during the day to minimise the risk of dental decay. Other drinks can be consumed during eating times. The consumption of high sugar, high caffeine drinks is not acceptable.
4. Water bottles may be placed in insulating material if desired to keep them cool. In addition, the staff will ensure that the water bottles are located in a shaded position at all times.
5. Water consumption is encouraged especially after physical activity.
6. School Staff will have access to refrigerated water and water glasses as an alternative to other drinks.
7. Students will be assisted to attend to their toilet needs as required.
8. Staff are requested to act as role models. Encouraging students to consume water by their own example and keeping consumption of cold high sugar or cold caffeine drinks in concealed containers whilst in the company of the students.

Nutrition education program:

1. **TEACHERS**
2. The school will support teachers to be the educators by providing opportunities for up-skilling in nutrition.
3. Teachers will be aware that they are acting as role models for the school community.
4. As nutrition is part of the curriculum it will be an integrated component of learning and teaching.
5. Teachers will use the NHMRC guidelines as their guiding document.
6. **COMMUNITY**
7. Nutrition education will include articles and information in the newsletter and in poster/brochure format.
8. Topics and format will be determined by feedback from the school community.
9. **CHILDREN**
10. Nutrition education for students will be addressed through the school based Health, Drug Education and Physical Education Programs.

**Role of the canteen:**

When the school canteen is operational, Fraser Primary School Preschool Unit will provide a food service to students and staff in support of the education that children receive by:

* working to current best practice guidelines
* conforming to Healthy Schools ACT legislation requirements of the time.

**Oral health:**

1. Teachers and staff do not use food as rewards for children on a regular basis.
2. Children who wish to brush their teeth at school will be provided with a suitable 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.

1. The school will ensure that oral health service information is available to parents/carers.
2. Students will be discouraged from sharing saliva through drinks, kissing, food, lipsticks, lip balms or musical instruments.
3. Students who are playing real or ‘play’ mouth musical instruments will not be permitted to ‘walk and play’ at the same time.

**Food provided from home:**

1. It is recommended a variety of foods from the food groups make up the daily food consumption

2. Information about nutritional options will be provided to families through a range of avenues.

 These include:

* parent/carer handbook
* newsletter (Fraser Focus)
* enrolment package
* brochures
* fridge flyers

3. Foods high in fat and sugar are not recommended for consumption at preschool. E.g. lollies, roll- ups, soft drinks, potato crisps etc

4. Chewing gum and bubble gum are not permitted unless negotiated with executive staff

5. Students who come to school without food from home will always be provided with a sandwich

6. Hot liquid based foods pose a safety risk to self and others. As a result students are not permitted to bring **hot liquid** based foods to school at any time. eg tea, soup, hot chocolate, noodles. This includes containment in travel cups, thermos containers or so called “safe” take away containers. Foods requiring warming at preschool like soups and noodles may be brought to preschool through negotiation with the classroom teacher

**Snack break:**

1. Time is allocated to encourage students to eat fresh raw fruit and vegetables during the day. Teachers will allocate time to empower students to make healthy food choices during sessions. If fruit and vegetables are not available students will be encouraged to choose an alternative from their lunchbox.
2. It is recommended that families ensure that a portion of fresh raw fruit or vegetables is packed for their child every day
3. The staff will ensure that fresh fruit and vegetables are available during staff meetings, morning teas, afternoon teas and suppers as a healthy alternative to other foods.
4. At school events fresh fruit and vegetables will be offered as a alternative refreshment.

**Eating practices:**

1. The school will provide a pleasant eating environment protected from the sun. Students will have supervised eating times. The children will usually sit at a table to create a sense of shared community during this time. Teachers will model and teach appropriate food manners and practices
2. Students are encouraged to contribute ideas to enhance their eating area
3. Students are encouraged to participate in recycling and composting activities at all times
4. To support the school’s sustainability initiatives, compost bins will be lined, emptied daily and washed once a week.
5. Students will be encouraged to wash their hands prior to eating food and to use a placemat. Tables are wiped throughout the day and with a sanitising spray before and after children eat as part of preschool practices
6. A refrigerator, microwave, oven and sandwich toaster are available for staff to prepare and store food for themselves
7. It is recommended that student food be kept cool using cooling devices in bags year round

 eg. lunchbox ice bricks

1. Staff are encouraged to keep the staff room and food preparation areas clean and clear at all times.
2. Consumption of hot liquids eg. coffee, tea, soup, by staff is **not permitted** in the company of children. This includes the use of travel mugs or capped take away cups.

**Events coordination:**

Events at Fraser Primary School Preschool Unit include the following activities … Breakfasts, Forums, Parent/Carer Information Evenings/sessions, Whole School Celebrations, Fetes, Market Days, Professional Development days, P and C functions, Morning Teas, Discos, Soirees and Year 6 Graduation.

1. All food available for sale at the school must display an ingredients listing
2. It is desirable that donated food has an attached ingredient list, upholding best food practice

(No fresh cream, food that requires refrigeration or whole nut products can be accepted at any time. However, if prior arrangement is made, some foods requiring refrigeration can be accepted for specific purposes. For example, milk, sausages and ice cream for special events. In this case, it is the teacher’s responsibility to ensure refrigeration is organised and occurs quickly).

1. During celebrations food high in fat, sugar or salt can be provided as long as healthier alternatives are also available. These celebrations should not occur any more than twice a month.
2. If a mealtime coincides with the event then an appropriate ‘eating time’ will be timetabled for participants.
3. Water should be available free of charge
4. Specific allergies and dietary requirements can be managed through teachers and the school community planning for inclusivity Eg. alternative gluten free food options can be provided for families to ensure their child who has a gluten allergy is included in classroom experiences
5. Parents/carers are welcome to celebrate their child’s birthday by sending something into the classroom. If food is provided (eg birthday cake) a list of ingredients is attached
6. For all school facilitated functions, that involves high risk foods eg milk, egg, cooked rice or meat based products, preparation and cooking must be on site to comply with food handling and safety laws.

**Cultural and religious practices:**

1. Staff will be inclusive of students who are eating particular foods or abstaining from food for cultural or religious reasons. For example staff may find another place for students to go when other students are eating their food during Ramadan.
2. Staff will consider the dietary needs of all students before delivering food related activities so that our diverse culture of our preschool is acknowledged and students feel included. Eg. alternative Halal, vegetarian or gluten free food options can be provided by families to ensure their child who requires Halal or vegetarian food or gluten free food is included in classroom experiences.

**Evaluation:**

In order to assess whether the values and purposes of the policy have been achieved, the Nominated Supervisor will:

* regularly seek feedback from everyone affected by the policy regarding its effectiveness
* monitor the implementation, compliance, complaints and incidents in relation to this policy
* keep the policy up to date with current legislation, research, policy and best practice
* revise the policy and procedures as part of the service’s policy review cycle, or as required
* notify parents/guardians at least 14 days before making any changes to this policy or its procedures.

*This policy has been approved by the Fraser Primary School Board November 2013*