St Anne's Primary School
PO Box 493
27 Young Street
HARVEY WA 6220

St Anne's School – Healthy Eating Procedure

1. PURPOSE

St Anne's Catholic Primary School is committed to fostering a culture of healthy eating to support students' physical and mental well-being. This procedure aims to promote a nutritious and balanced diet among students, staff, and parents, recognizing the lifelong impact of early dietary habits on overall health.

Recent concerns regarding poor dietary choices and rising obesity rates in Australian children highlight the importance of instilling healthy eating habits from a young age. The school strives to provide a supportive environment that encourages nutritious food choices, aligning with health recommendations and fostering lifelong wellness.

Health Risks Associated with Poor Nutrition

Overweight and obese children face increased risks of:

- Heart disease
- Diabetes
- Poor general health and early mortality

Additionally, poor nutrition and obesity may impact learning and behavior, including:

- Lower self-esteem, particularly in adolescent girls
- Anxiety and depression
- Social discrimination
- Physical discomfort (e.g., heat intolerance, breathlessness, aches, and pains)

2. OBJECTIVES

This procedure seeks to:

- Promote **positive attitudes** towards healthy food choices.
- Encourage **lifestyle practices** that reduce obesity, tooth decay, and related health conditions.
- Foster **personal responsibility** in making informed and nutritious dietary decisions.

3. SCOPE

This procedure applies to the **entire St Anne's Primary School community**, including students, staff, and parents.

4. PRINCIPLES

4.1 A **nutritious food policy** conveys the school's commitment to health and well-being to students, staff, parents, and the broader community.
4.2 Collaboration between parents, staff, and students is essential in building a **school culture that prioritizes healthy eating**.
4.3 When providing food to students, the **focus is on nutritional quality and affordability**.
4.4 The **school canteen offerings** complement classroom nutrition education, reinforcing healthy food choices beyond school.

4.5 **Nutrition education** within the curriculum, supported by families, is the ideal means for students to learn about healthy eating.
4.6 The school complies with the **CECWA Occupational Safety and Health in Schools policy** regarding safe food handling, preparation, and service.

4.7 **Cultural and celebratory events** at school may include a variety of food options while maintaining a commitment to health.

5. PROCEDURES

This procedure aligns with the **Department of Education and Training Healthy Food and Drink Policy**, which emphasizes:

- Daily availability of foods that are **low in fat, salt, and sugar** and **high in fiber**.
- Limiting less healthy options using the **Traffic Light System**:
    - **Green (Everyday Foods):** Encouraged and promoted.
    - **Amber (Sometimes Foods):** Limited in quantity and frequency.
    - **Red Foods:** Discouraged and minimized.

5.1 Encouraging Healthy Eating at School

5.1.1 Students are encouraged to participate in daily **"Fruit Breaks"**, consuming fruit or vegetables as part of the **Crunch & Sip program**.
5.1.2 Water bottles should be accessible throughout the school day, with students encouraged to **drink water regularly**.
5.1.3 Parents are encouraged to provide **litter-free or "nude" food** options.
5.1.4 Healthy treats provided at school must align with **Healthy Eating Guidelines**; **lollies will not be used as rewards**.
5.1.5 St Anne's is a **Nut-Friendly School**. Parents must avoid sending food containing nuts.
5.1.6 Nutrition education will be **integrated into the Health curriculum**.
5.1.7 Parents are encouraged to send **perishable foods** in suitable containers (e.g., ice packs or thermos).
5.1.8 All food prepared at school (e.g., as part of class activities) must align with **Healthy Eating Guidelines**, limiting "Sometimes Foods" to **two times per term**.
5.1.9 Food at **class parties** should provide a balance of **Everyday and Sometimes Foods**.
5.1.10 Food provided during **camps and excursions** must align with **Healthy Eating Guidelines**, ensuring a mix of **Everyday and Sometimes Foods**.

5.2 School Canteen Guidelines

- The canteen is **volunteer-run** in collaboration with the Parents and Friends Association and operates as a **fundraising initiative** (one day per fortnight).
- Where possible, the canteen follows the **Department of Education and Training food policy**, ensuring:
    - A minimum of **60% Green (Everyday) foods**.
    - A maximum of **40% Amber (Sometimes) foods**.
- Menus and food options will be reviewed regularly at **P&F meetings** to ensure alignment with health policies.
- Additional guidelines and resources include:
    - **Healthy Food and Drink website**
    - **Western Australian Council of State School Organisations**
    - **The Star Choice Buyers' Guide**
    - **The Western Australian School Canteen Association**

6. GENERAL GUIDELINES

6.1 **Supervised lunch eating time** is provided for 10 minutes each day in a social setting.
6.2 Staff members **model healthy eating habits** by avoiding soft drinks and lollies in classrooms.
6.3 The school complies with **legislated food safety standards**.
6.4 The school provides **support for students with medical dietary needs**.
6.5 The school offers **ongoing education for families** about healthy food choices.
6.6 The **wider community** is encouraged to promote good nutrition.
6.7 Any **external sponsorship or partnerships** must align with **DET's Healthy Eating Guidelines**.

6.8 School Food Guidelines

- Soft drinks are **not permitted** at school.
- Lollies and **Red Foods** are discouraged.
- **High-fat, high-salt, and high-sugar foods** are discouraged.

- Fresh fruit, vegetables, whole grains, dairy, and minimally processed foods are **encouraged**.
- **Birthdays** should be celebrated without **Red Foods** (e.g., no lolly bags). Cakes are **acceptable**.

6.9 Parent Guidelines on Enrolment

Upon enrolment, parents will be:

- **Informed of the Healthy Eating Procedure**.
- **Encouraged to provide fresh fruit, vegetables, and water daily**.
- **Advised of the school's Nut-Friendly Policy**.
- **Discouraged from sending chips, sweet biscuits, and other "Sometimes Foods" daily**.
- **Reminded not to send nut-containing products to school**.

7. REFERENCES

This procedure is informed by:

- **Bishops of Western Australia (2009) Mandate Catholic Education Commission of Western Australia**
- **Department of Education and Training, Healthy Food and Drink Policy**
- **Western Australian School Canteen Association**
- **Australian Guide to Healthy Eating and National Dietary Guidelines (2003)**
- **Anaphylaxis Management Guidelines for Schools (Department of Health, 2010)**
- **Relevant legislation, including the Food Act 2008 (WA) and Occupational Safety and Health Regulations 1996 (WA)**

8. RELATED DOCUMENTS

- **CECWA Occupational Safety and Health in Schools Policy**
- **School Education Act 1999 (WA)**
- **Disability Discrimination Act 1992 (Cth)**

9. EVALUATION AND REVIEW

This procedure will be reviewed as part of the school's **three-year review cycle** or as required. It will be published on the **St Anne's Catholic Primary School website**.

Review History

Year	Reviewed By	Amendments
2014	Staff	Revised
2018	Leadership	Reformatted & Released
2021	Leadership	Revised

Next Review

Year	Sub-Committee Responsible
2025	Healthy Foods Team (to be established)