Clovelly Public School

Nutrition Policy

In 2007–08, one-quarter of all Australian children, or around 600,000 children aged 5–17 years, were overweight or obese. Children who are overweight or obese are at increased risk of developing certain health conditions, such as cardiovascular conditions and Type 2 diabetes, compared with children of normal weight. They also have a higher risk of psychological and social problems, such as discrimination, victimisation and bullying. Obesity, in particular, may continue into adulthood and affect long-term health.1

Objectives

The Clovelly Public School (CPS) community has a responsibility to promote and model healthy eating and good nutrition for our students.

Healthy eating and good nutrition should be promoted in our canteen, at fundraising events, in the playground at recess and lunchtime, in the classroom, and at Clovelly Out of School Care (COOSC).

Canteen


The canteen menu will be reviewed on a regular basis, at least annually, to ensure it is consistent with the Fresh Tastes @ School Strategy, to consider new menu items, and to continue to improve the nutritional value of items on the menu.

Fundraising and Other Activities

Organisers of fundraising activities and other school activities such as camps and excursions that involve provision of food and drink should be mindful of the need to promote healthy eating and good nutrition for students.

Fundraising activities and other school activities such as camps and excursions that involve provision of food in the ‘Red (or Occasional)’ food category, such as cakes, sweets, and soft drinks should be held once or twice per term only.

Organisers of fundraising activities and other school activities such as camps and excursions should be aware of the nutritional value of foods offered and wherever possible, organisers should attempt to replace foods of low nutritional value with healthier alternatives.

Wherever possible, fresh fruit and vegetables should be offered at fundraising events and other school activities at which food is served.
Parents and Carers

Parents and carers are encouraged to promote and model healthy eating and good nutrition for our children by providing healthy food options in children’s lunchboxes.

Background

The Clovelly Public School policy was developed using the DET (now DEC) Nutrition in Schools Policy as a starting point. The DEC policy states that:

Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.

Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for all canteens in NSW government schools.

All sugar sweetened drinks that exceed the nutritional criteria for ‘occasional’ foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, are not permitted for sale in school canteens and school vending machines at all times.

All school activities that involve the provision of food and drink to students should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions should be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Where school activities involve the provision of food and drink to the wider school community consideration should be given to modelling and promoting healthy eating.

1 Australian Institute of Health and Welfare, Making Progress, Canberra, 2008.