HEALTHY EATING EDUCATION POLICY

Rationale
- School Council is responsible for the school canteen and its policies and the ordering of goods for the canteen.
- Schools should ensure that teachers, canteen managers, parents and students work together and support a whole–school approach to building a culture in which students actively choose nutritious foods as part of a healthy lifestyle.
- The Healthy Canteens policy comprises the Healthy Canteen Kit including the School Canteens and Other School Food Services Policy and includes information about the ban on confectionery and high sugar drinks, recommended food categories, nutrition programs and suggested student learning.
- School Councils must develop health education policies to support the health messages being delivered within the classroom with the input from students, parents and teachers.

Purpose
- To ensure the school applies a whole-school approach to health education, with teachers and families playing a central role in the education of students.
- If applicable, to ensure the School Council manages the canteen in line with legislation.
- To ensure Point Cook Senior Secondary College complies with DET policy and guidelines.

Definitions
Here are some short definitions of terms that are referred to in this resource:

Healthy eating young people: Eating a wide variety of foods from the five food groups each day. These are:
- Fruit (2 serves a day)
- Vegetables and legumes/beans (5–5.5 serves a day)
- Grain (cereal) foods, mostly wholegrain and or high fibre cereal varieties (5–7 serves a day)
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat (3.5 serves a day)
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans (2.5 serves a day)\textsuperscript{1}.

Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.\textsuperscript{2}

Nutrition: The process of providing or obtaining the food necessary for health and growth.\textsuperscript{3}

Occasional (discretionary) food and drinks: Foods and drinks high in less nutritious fat, sugar or salt.

\textsuperscript{1} Eat for Health - What is a serve? http://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes
\textsuperscript{2} Nutrition Australia Victorian Division, www.nutritionaustralia.org
\textsuperscript{3} http://oxforddictionaries.com/definition/english/nutrition
Food Security: Food security is regarded as the state in which all persons obtain nutritionally adequate, culturally acceptable, safe foods regularly through non-emergency resources. Food security broadens the traditional conception of hunger, embracing a systemic view of the causes of hunger and poor nutrition within a community while identifying the changes necessary to prevent their occurrence.4

Food Literacy

“Being food literate means having the knowledge, skills and the capacity to source, prepare and cook food in a sustainable manner to promote a healthy and balanced lifestyle. Food literacy is also about individuals understanding the role that food plays in communities and cultures” (Home Economics Victoria, 2013).

Oral health: Eating, speaking and socialising without discomfort or embarrassment.5

Oral health messages: These are the oral health messages that should be emphasised in the curriculum, to families, and in policy.

Oral Health Professional

Refers to a registered oral health professional such as a dentist, dental specialist, dental or oral health therapist and dental hygienist.

Dentist: A clinician who provides dental treatment and preventative care including diagnosis and treatment of diseases, injuries and abnormalities of the teeth, gums and mouth for people of all ages.

Dental Specialist: A clinician who specialises in a particular area of dentistry, for example an orthodontist specialises in badly aligned teeth, periodontist in gums, and an endodontist specialises in the nerves (pulp) of the teeth.

Dental Therapist: A clinician who provides dental treatment and preventive care for children and young adults (to the age of 25) in consultation with a dentist.

Dental Hygienist: A clinician who provides a defined range of preventative dental care under the supervision of a dentist.

Oral Health Therapist: A clinician who is qualified as both a dental therapist and dental hygienist and provides preventive care and treatment.

Implementation

- The School Council will operate the canteen according to healthy eating principles.
- The school will aim to develop a culture in which students actively choose nutritious foods and a healthy lifestyle.
- As part of the Health and Physical Education domain of the curriculum, the school will promote healthy eating.
- No confectionery will be available at school.
- The consumption of sugary drinks will be discouraged.
- This policy applies to school events such as celebrations, fete, sports activities and vending machines.

5 UK Department of Health (1994) in Spencer, JA, Australian Health Policy Institute, Commissioned Paper Series 2004 (dental)
Procedures

Healthy policies

- A whole-school approach to healthy eating and oral health is addressed in policy.
- School policy supports healthy eating, the development of food literacy knowledge and skills, and addresses all aspects of food and drink within the school.
- School policy addresses healthy food and drink, oral hygiene, preventive approaches to oral health and access to dental care.

Healthy physical environment

- The school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Dietary Guidelines.¹
- Sponsorship, advertisements and marketing of food and drinks are consistent with the school’s healthy eating policy.
- Fundraising activities are consistent with the school’s healthy eating policy.
- School food service menus are assessed by the Healthy Together Healthy Eating Advisory Service to meet the Victorian ‘School Canteens and other School Food Services Policy’.
- School food services work towards increasing the availability of ‘everyday’ foods, and limit ‘occasional’ and ‘select carefully’ foods and drinks.
- Vending machines, breakfast clubs and other school food supplies provide nutritious and healthy food.
- Tap water is easily accessible within the school setting at all times.
- Sweet drinks are not permitted during class time.
- Students are encouraged to undertake oral hygiene and safety practices in the school, where appropriate.
- Students are encouraged to use mouth guards while participating in contact sport to protect against dental injuries.

Healthy social environment

- The school provides a welcoming eating environment that encourages social interaction.
- Food and drink are not used as an incentive or a reward at any time.
- Staff, students and families are encouraged to model healthy eating practices and positive leadership, in line with the school’s healthy eating and oral health policies.

Learning and skills

- Students are provided with opportunities to shape, develop and apply knowledge and skills that enhance healthy eating and oral health practices.
- Students have the opportunity to learn planning, budgeting and cooking skills, and increase their food literacy.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating and oral health across the curriculum.

Engaging students, educators, staff and families

- Families, students and staff are key partners in developing and supporting healthy eating and oral health initiatives, including food literacy.
- Students are encouraged and supported to take a lead in developing healthy eating and oral health initiatives at school or in the local community.
• Staff are encouraged to develop competencies to facilitate engagement of families and students from diverse cultural backgrounds.

Community partnerships

• Staff work with local health professionals, services and other organisations to increase their capacity to deliver and promote healthy eating and oral health initiatives.

Relevant accountability documents

DET School Canteen and other School Food Services Policy. *this policy is currently being reviewed and will be updated in early 2017

National Health and Medical Research Council, Australian Dietary Guidelines

DET School Policy and Advisory Guide – Health Education Approaches

Evaluation

• This policy will be reviewed as part of the school’s three-year review cycle or if guidelines change. Review date: 16 November 2020

This policy was ratified by School Council on 16/11/2017

References: