

Blakeview Primary School- Healthy Food Supply and Nutrition Policy

Rationale:

This school promotes and models safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Policy for South Australian Schools* and relates to the Department for Education wellbeing strategy and the *Australian Dietary Guidelines*. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximised growth, development, activity levels, improved cognition and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in all learning activities.

Curriculum:

Our school's food and nutrition curriculum:

- Is consistent with the *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating*
- Actively promotes daily fruit and vegetable consumption including wholegrains and dairy through healthy snack time in classrooms.
- Includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Includes opportunities for students to develop practical food skills related to growing, selecting, storing, preparing, cooling and serving healthy food through our *Stephanie Alexander Kitchen and Garden program*.
- Integrates nutrition across the curriculum according to the Australian curriculum.

Learning Environment:

Students at our school:

1. Have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day (water bottles are allowed and encouraged in the classroom).
2. Eat routinely at scheduled break times, including a daily healthy snack.

3. Eat in positive, supervised, appropriate social environment with staff who model healthy eating behaviours
4. Will develop and maintain school garden and kitchen and integrates across the curriculum

Our school:

- Provides encouragements that are primarily non-food related and never related to unhealthy “RED” food and drink
- Understands and promotes the importance of breakfast for students and supplies a Breakfast Club program daily.
- Teaches the importance of regular healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site.

Food Supply:

Our school:

- Encourages healthy food and drink choices for students in line with the *Right Bite* Policy
- Encourages healthy food choices which are representative of the foods of the school community
- Ensures that the healthy food choices promoted are culturally sensitive and inclusive
- Ensures a healthy food supply for school activities and events, in line with the *Right Bite* policy (this includes all school events which provide food such as sports days, camps, excursions and special occasions such as class parties and celebrations).
- Ensures a healthy food supply for catering at school functions, including graduations.
- Has established and supports a healthy school canteen (Rory’s) which sells, promotes healthy food and drink choices in line with the *Right Bite* policy.
- Has established and supports and Out of School Hours Care (OSHC) program which promotes, models and provides food and drink options in line with the *Right Bite* policy.

Food Safety:

Our school:

- Promotes and teaches food safety to students during learning activities
- Encourages staff to access training, as appropriate, to the *Right Bite* policy and associated nutrition recommendations
- Provides adequate hand washing facilities for everyone
- Models, promotes and encourages correct hand washing procedures
- Supports canteen and OSHC which comply with all relevant food safety standards.

Food-Related Special Requirements:

Our school:

- Respects and encourages diversity amongst our community and, where possible, aims to be safely inclusive of all cultural, religious, dietary and disability needs when undertaking food-related activities

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- Aims to provide a safe and inclusive learning environment for all students
- Ensures that all staff are informed and provided with training and information relevant to their role in the management of students on health support plans related to food issues

Special dietary requirements, special needs and allergies related to food and/or the eating environment:

Our school:

- Liaises with families to ensure that students on health care plans related to their food and/or eating environment are identified and supported. Parents/Carers will commit to updating any plans and provide them to the school promptly.
- Expects the school community to respect and comply with the school's '**nut and allergens**' policy
- Effectively communicates to students, parent/carers and staff any separate, additional school processes/policies developed for students with special dietary requirements, such as severe allergies.
- Liaises with families to ensure these students are safely included in food-related school events
- Liaises with families to safely enable students to access the school food services, (if possible)
- Recognises that education and support of these students around their needs is important

Food brought from home:

Our school:

- Encourages the school community to bring healthy food and drink choices from home, in line with its policy and the *Right Bite* policy.
- Requests the school community to respect and support the school's '**nut and allergens**' policy and any additional food related policy (ies) current at the time

Birthday Celebrations:

Families will support our school in celebrating events by:

- providing healthier options, such as a fruit platter
- celebrating all the birthdays falling in a particular month (or term) collectively
- choosing an alternative to cake for birthdays, such as a lucky dip or other non-food item
- bringing in reduced portion size options, such as mini cupcakes or a cheese platter and crackers
- celebrating with songs, streamers, a birthday hat or in other ways
- understanding it's not essential to bring in gifts or food for the whole class
- looking for ways to incorporate a variety of different cultural celebrations into your planning

Fundraising:

Our School:

- Promotes the alignment of fund raising with the *Right bite* policy and wherever possible is non-food based

- Ensures that fund raising involving food, is as “GREEN” as possible, whilst not including “RED 2” or discretionary options.
- Encourages fund raising events which promote and model healthy lifestyle choices, through activity based events or healthy eating promotions (such as a walk-athon, Colour Run or Jump Rope for Heart)

School Sport:

Our School:

- Promotes plain, still water as the best thirst quencher before, during and after sport, in line with the *Right Bite* policy
- Promotes fruit and vegetables as the snack of choice, if a snack is needed, during or after team games (such as watermelon or cut oranges at half time)
- Expects and encourages coaches and managers of school team sports to model, promote and provide healthy food and drink choices when supplying or organising food for a team event (end of season party) in line with the *Right Bite* policy
- Ensures that the menu for away-from school sporting events is in-line with the *Rite Bight* policy

Red Occasions:

Our School:

- While Governing Council can approve up to two “RED 1” occasions per term, the aim is to minimise these wherever possible, in line with the *Rite Bite* policy. Situations such a school fete, in which the whole school community is involved, might be an example of such an occasion
- “RED 2” food and drinks are not to be supplied, provided, marketed or sold to students

Resources:

1. Right Bite: Healthy food and drink supply strategy for South Australian Schools

<https://www.education.sa.gov.au/schools-and-educators/health-safety-and-wellbeing/right-bite-food-and-drink-supply-standards-for-south-australian-schools>

2. Wellbeing SA Guidelines

[Wellbeing SA food and drink classification guides • Wellbeing SA](#)

3. Wellbeing for Learning and Life

[wellbeing-for-learning-and-life-framework.pdf \(education.sa.gov.au\)](#)

4. Australian Dietary Guidelines

[Australian dietary guidelines 1 - 5 | Eat For Health](#)

best options

Offer and promote a **variety** of **green** food and drinks

green foods and drinks should make up **60%** of options

choose carefully

Offer **smaller portions** of **amber** food and drinks

limit **amber** foods and drinks to **40%** of available options

limit to twice per term

red 1 foods and drinks should be limited to twice per term, for example as part of a whole of school celebration or fundraising event

should not be supplied

red 2 foods and drinks should not be supplied, provided or sold to students



The Wellbeing SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Wellbeing SA FoodChecker to assess products, recipes and menus.

www.wellbeingsa.sa.gov.au/foodenvironments