

Nightcliff Primary School

Cunjevoi Crescent
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Sister school of
Hefei School, China

Nightcliff Primary School

Healthy Food and Drinks Policy

DOCUMENT INFORMATION

Title	NPS Healthy Food and Drinks Policy	Version	2
Effective date	Term 2, 2017	Review date	April 2019
Responsible Officer	Principal	Approved by	School Council
Related documents	Department of Education, Canteen Nutrition and Healthy Eating Policy Australian Guide to Healthy Eating	Audience	Staff, students, parent/carers and all other services in contact with NPS

Purpose

This policy sets out the principles for the supply of food and drinks across the Nightcliff Primary School (NPS) whole of school environment.

Policy Statement

NPS recognises that good nutrition contributes to good health and wellbeing which is vital for positive engagement in learning and development activities.

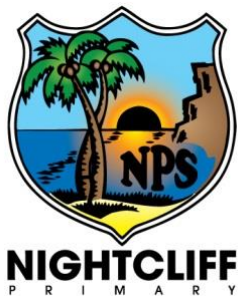
The school environment provides an opportunity to support healthy lifestyles and a learning environment which includes experiencing and talking about the production and preparation of food for nutrition and wellbeing.

Scope

This policy applies to:-

- Nightcliff Primary school
- Nightcliff Out of School Hours Care program
- Nightcliff Preschool
- Nightcliff Early Learning Centre

The *whole of school environment* refers to the school campus, school activities on and off campus and all services delivered by Nightcliff Primary School.



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Whole of school events are events open to the student body or wider audience and include, as examples: fund-raising activities, SRC events, discos, family movie-nights, sports day and music/dance performance events.

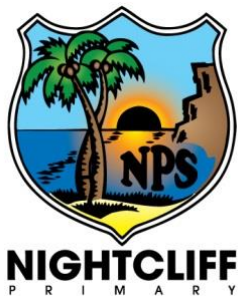
Whole of School Food Supply

- Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students
- Healthy food choices within the school are consistently promoted and are culturally sensitive and inclusive and reflect the diversity of the Nightcliff school community
- All 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 Australian Guide to Healthy Eating
- 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 and drinking
- Where school activities involve the provision of food and drink to the wider school community, **green** food choices must be provided and are strongly encouraged to be supplied as the main food and drink option (**red** food options are not permitted for whole of school events*)
- All sugar sweetened drinks that exceed the nutritional criteria for **amber** foods outlined in the National Healthy School Canteen Guidelines, are not permitted for sale in school canteens, fundraising events or any other school activity

School canteen

- All food and drink available within the school canteen meets the requirements of the DoE policy and nutrient criteria
- All food and drink provided by the school canteen will be assessed for compliance with the DoE policy and nutrient criteria prior to being available to purchase
- Food and drinks (including home cooked foods) provided by the school canteen will be assessed for compliance against the DoE policy and nutrient criteria every six months
- The canteen menu encourages a variety of fresh fruit and vegetable options for students and staff
- Foods categorised as **red** in the National Healthy School Canteen Guidelines are not available for sale by the school canteen*
- Students are encouraged and supported to contribute to the school canteen through age-appropriate activities

* Red foods are not allowed at NPS, but an exemption is allowed for lean ham / low sodium ham and bacon as ingredients in **green** and **amber** foods such as ham and salad sandwiches and savoury muffins.



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Food Safety

- Food will be prepared, stored and served hygienically in accordance with the Northern Territory Food Act.
- Food preparation facilities will be maintained in a hygienic condition

Curriculum

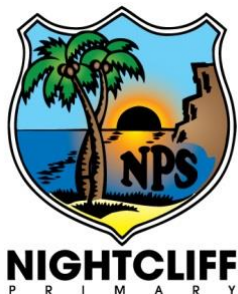
- NPS food and nutrition curriculum is consistent with the Australian Guide to Healthy Eating
- Involves activities that provides students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Includes opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food

The Learning Environment

- Water is promoted as the drink of choice at all times
- Fresh, clean tap water is available at all times and students are encouraged to drink water regularly through the day (water bottles encouraged in the classroom)
- Students will eat routinely at scheduled break times
- Eat in a positive, supervised and appropriate social environment with staff who model healthy eating behaviours in the school setting
- Lollies and/or chocolates are not to be used in the classroom for rewarding or comforting students

Working with families, health services and industry

- NPS invites parents and caregivers to be involved in the scheduled review of the NPS Healthy Food and Drinks policy
- NPS will provide families and caregivers with information and resources to increase understanding and skills in how to choose and prepare healthy food and drink options for students
- NPS will source healthy food and drinks locally (NT owned and operated businesses) wherever possible
- NPS will display and promote healthy eating choices and information across the school environment via posters, websites, newsletters and other relevant communication material



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Special Occasions / Celebrations (in the classroom)

- NPS highly values the recognition and celebration of special occasions within the classroom, for example days of cultural significance, birthdays, end of year class parties
- NPS encourages teachers/parents/carers to provide healthy options for celebrating birthdays or other special events
- Drinks categorised as **red** in the DoE policy are not to be provided by teachers/parents/carers

Examples of green and amber foods for special occasions:

TYPE	GREEN	AMBER*
SWEET	fruit platters, scones, pikelets, fruit breads and buns (no icing)	un-iced cakes, muffins and sweet pastries, fruit jelly, fruit ice-blocks, custard, yoghurt
SAVOURY	savoury breads, muffins and rolls, popcorn (air popped), sushi, satay sticks, lentil patties, vegie burgers, falafels, bagels, burritos, Turkish bread, tortillas, noodles, rice, couscous, quinoa, boiled eggs, lean meats eg: steak, chicken breast	savoury tacos, spring rolls, nachos, pizza, rice and noodle dishes, chicken drumsticks and wings, flavoured popcorn, baked potatoes, dim sims, dumplings, dips, salsa, cheese and cream cheese * care should be taken to keep sugar, fat and salt content as low as possible * products must meet nutrient criteria in DoE Canteen, Nutrition and Healthy Eating policy

Further information

If you have questions or need further advice or guidance on food choices at NPS, please enquire with your child's teacher or the Principal.