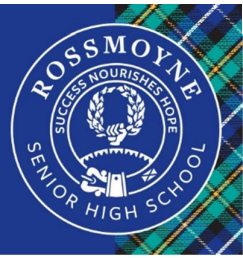


Healthy Food and Drink Policy

LAST UPDATED 4 FEBRUARY 2019



RATIONALE

Rossmoyne Senior High School has a vital role to play in helping to reduce childhood obesity and to reinforce and role model good nutrition and health lifestyle practices.

GUIDELINES

The school community has a responsibility to ensure these messages are delivered by:

- teaching students the importance of positive food and health concepts via the curriculum;
- modelling healthy food and drink choices in the cafeteria menu, in the staff room, for class treats/rewards and at school events such as study classes, camps and excursions;
- implementing the WA Government's "Traffic Light – Healthy Food and Drink Choices" policy;
- providing opportunities for all students in Years 7-10 to participate in a minimum of two hours physical activity each week;
- developing physical activity opportunities for Years 11 and 12; and
- developing a process for the use of 'discretionary choices' where the Curriculum dictates, for example, learning skills in cookery.

LINKS WITH THE CURRICULUM

- A whole school approach to the provision of consistent positive messages through the delivery of curriculum, social and physical environments in teaching and learning.

COMMUNICATION

- Build and maintain positive relationships between the school, home and the wider community in respect to key health messages and initiatives and the support of the canteen/cafeteria promotion of healthy eating.
- Include at least one communication per term in the school newsletter outlining healthy lifestyle and eating guidelines and information.

SCHOOL CAFETERIA GUIDELINES

- The menu is reviewed by the Rossmoyne Senior High School Executive with at least one staff member from an applicable Learning Area such as HPE and/ or Technology on a seasonal basis.
- Provide menu variety and change particularly according to summer and winter seasons.
- Have available and on daily basis promote a wide range of foods that should make up the majority of a healthy diet (GREEN).
- Have available only on occasional basis and avoid large serving sizes of foods that should only be eaten in moderation (AMBER).
- Not marketing foods that do not meet specified minimum nutrient criteria (RED).
- A wide range of foods will be offered, taking into consideration Australia's multicultural society.
- All foods sold have adequate labelling and comply with Food Standards Australia New Zealand Code (FSANZ).

FOOD SAFETY AND HYGIENE

- The cafeteria must comply with the Occupational Safety and Health act 1984 and Regulations.
- Staff must be aware, and familiar with, evacuation and other emergency procedures.
- All staff must wear enclosed footwear, hats, hair nets and aprons (provided).
- Only selling foods prepared in registered commercial kitchens.
- Staff and students are not permitted to enter the cafeteria cooking premises during normal trading hours unless part of a supervised educational visit.
- Only cafeteria staff may enter the cafeteria cooking premises during normal trading hours.

CAFETERIA MANAGEMENT ISSUES

The cafeteria is run by an external service provider and all management issues can be raised directly with Rossmoyne Senior High School.

CAFETERIA EQUIPMENT

- The external provider should ensure safety on the utilisation of equipment and according to appliance directions.

- Any cafeteria equipment maintenance, structural defects or faults management should be reported to the Principal's delegate (Manager Corporate Services).

POLICY ISSUES

- The Cafeteria must comply with Department of Education policies and Financial Management in Schools.
- Policy amendments or additions should be endorsed by the School Board.
- The policy shall be reviewed at the start of a new Service Contract.

FUNDRAISING AND WHOLE SCHOOL STAFF AND/OR STUDENT ACTIVITIES

Staff should:

- seek permission from the Principal prior to selling or providing food items to students and staff, (School Fundraising Policy); and
- avoid 'red' food and drinks. For more information go to WA School Canteens Checklist.

WEBSITES RELATING TO HEALTHY FOOD AND DRINK CHOICES WHICH MAY PROVIDE USEFUL INFORMATION

<https://www.eatforhealth.gov.au/>

<https://www.actbelongcommit.org.au/>

<https://www.education.wa.edu.au/healthy-food-choices>

<http://www.nutritionaustralia.org/wa>

Endorsed by School Board: 6 August 2019