

Pre-School Healthy Food Supply and Nutrition Policy

At Avenues College we believe that all staff, students and visitors have the right to a safe, inclusive and supportive learning environment. We foster positive relationships and partnerships that complement our College values of *Courage, Creativity, Resilience and Respect*.

Our College promotes safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools* and relates to the Department for Education Wellbeing Framework for Learning and Life.

We believe that we have a role to help establish lifelong, healthy eating habits which can benefit the children in three ways:

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

Therefore:

- staff in the preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents/caregivers are encouraged to supply healthy foods that fit within the *Right Bite Strategy* for their children

This policy has been established after consultation with staff and parents/caregivers within the College community.

Curriculum

Where food is involved in curriculum decision making :

- effort is made to be consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- teaching and learning may include activities that provide children with the knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across curriculum areas where possible to promote wellbeing.

The Learning Environment

Children at our Pre-School:

- have fresh water available anytime
- can follow the routine for snack breaks but are also able to make their own choice to eat at any time
- eat at the table and chairs provided and in a positive, social environment with staff who model healthy eating behaviours
- learn how to manage their own food and drink; staff are unable to heat foods brought from home
- use the pre-school garden to learn about and experience growing, harvesting and preparing nutritious foods.
- receive rewards/encouragements that are not related to food or drink
- hear messages about the importance of breakfast and regular meals
- celebrate birthdays with stickers and certificates, not food, including cakes or lollies from home to share
- enjoy family events with foods that are culturally sensitive and inclusive.

Food safety

- Our nut and allergy aware practices recognise that many staff and students have allergies and particularly in the early years these require careful consideration
- is everyone's concern but, age appropriate responsibility is given to children for their food management
- is promoted and taught to children as part of the curriculum
- is assisted by training for staff as needed
- adequate hand washing facilities and encouragement of hand washing after toileting and before eating.

Food-related health support planning

Our College:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services & industry

Our College:

- invites parents/caregivers to be involved in the review of our whole of site Food and Nutrition Policy
- provides information to families about the *Right Bite Strategy* through a variety of ways including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite Strategy*.

References

easy_guide_to_healthy_food_and_drink_supply_in_sa_schools_and_preschools.pdf
<https://www.education.sa.gov.au>

Dietary Guidelines for Children and Adolescents in Australia

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/quq-family-toc~quq-family-guidelines>

Australian Guide to Healthy Eating

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

National Quality Standard 2 – Children's Health and Safety 2.1 and 2.2

<https://www.acecqa.gov.au/nqf/national-quality-standard>

DECD Wellbeing Framework for Learning and Life

<https://www.decd.sa.gov.au/doc/wellbeing-learning-and-life-framework>