

WAITAKERE COLLEGE

Section E (NAG 5) SAFE, PHYSICAL AND EMOTIONAL ENVIRONMENT

Policy: Food and Nutrition

Date of Review: August 2019

Reviewers: Senior Leadership team, Staff Health & Safety Committee
(Also to be discussed with School Nurse, Sports Director, Teachers in Charge of Health, Physical Education and Food Technology)

Rationale

Our school recognises that as part of an effective learning community we must provide a healthy and safe environment. We acknowledge that students/akonga and staff who follow healthy, nutritious eating practices will create a foundation for future achievement.

Through this policy, a commitment is made regarding several important aspects of the school community and environment to make school healthier for students. These include:

- 1 Provision of food and drink that is consistent with advice on healthy nutrition in schools from the Heart Foundation and the Ministry of Education.

Current resources include: <http://health.tki.org.nz/Key-collections/Healthy-lifestyles/Guidelines-for-school-food-programmes/Guideline-4-Healthy-nutrition-in-schools>

<http://www.fuelled4life.org.nz/for-schools>

- 2 Provision of consistent messages about healthy nutrition throughout the school.

Objectives

- 1 To encourage students to be responsible for their own health.
- 2 To align the practices within the College with healthy nutritional messages. This includes not only curriculum opportunities that exist in areas such as Physical Education, Health, Food Technology, Hospitality and Social Sciences but also in all wider aspects of college life including cultural and sporting activities, initiatives that involve whanau and the wider community, and education outside the classroom.
- 3 To offer varied, nutritious, healthy and affordable food and drink through the school that promotes a healthy lifestyle and is consistent with the New Zealand food and nutrition guidelines.

Guidelines and strategies

Students and staff

- 1 Students will be encouraged:
 - to take responsibility for their own health through healthy nutrition
 - to bring to school only foods and drinks that are in line with this policy
 - and to drink water from the school fountains.
- 2 These messages will be conveyed and reinforced through school wide initiatives, classroom programmes and positive role modelling.

- 3 The Senior Leadership Team will ensure that Curriculum Leaders and teachers in relevant areas meet periodically to identify opportunities for conveying consistent messages about healthy eating within the curriculum.
- 4 The Senior Leadership team will work with staff and students to develop a more consistent approach to healthy eating practices across the many different school activities, with predominant use of 'everyday' and 'sometimes' foods as classified by the Heart Foundation and avoiding the use of 'occasional foods' as much as possible.
- 5 All staff members will be encouraged to model healthy eating and drinking behaviours.

School canteen, other contractors and other people responsible for food service and/or supply

- 6 Food made available in the school canteen will align with the [Food and Beverage Classification System](#) and will reinforce what students learn about nutrition in the classroom.
- 7 In addition, the school canteen must promote food and drinks that are less processed, low in fat, sugar and salt.
- 8 The canteen menu will be subject to regular review by the designated staff member in consultation where necessary with the Senior Leadership Team in order to ensure effective implementation of this policy.

Other school events

- 9 Food and beverages sold or supplied at all school events (including at school camps, other education outside the classroom activities, fundraising activities, parties, festivals, sports days, staff meetings, prize giving ceremonies and parent evenings) will be consistent with this policy.
- 10 The school will be permitted to sell or supply alcohol at school events (such as prize giving ceremonies) provided that the school obtains any necessary licenses and complies with all other legal requirements.

Chairperson

Principal

Date