



# STANSBURY PRIMARY SCHOOL POLICY

## Food Supply and Nutrition Policy

<b>Policy Owner:</b>	Stansbury Primary School (SPS) Principal
<b>Date Developed:</b>	December 2011
<b>Last Review Date:</b>	June 2022
<b>Next Review Date:</b>	June 2024

### 1. POLICY OBJECTIVES

SPS encourage healthy food options at school. SPS have a dedicated 10 minute 'brain break' every morning for students to eat a healthy snack, get some fresh air and move. This gives students energy to learn and develops lifelong skills relating to healthy eating and lifestyles. This policy sets out the guidelines for brain break, supporting the SPS community with healthy food options and choices and where necessary, providing information on allergies.

### 2. POLICY SCOPE

#### Role of SPS staff and teachers

- Encourage and promote the importance of healthy food options and choices.
- Ensure 'brain break' occurs daily.
- Allow students access to water bottles in their classroom.
- Ensure students are seated when eating food or drinking water.
- Include healthy lifestyles as part of school curriculum.
- Where necessary, provide clear communication to parents / carers of any allergy restrictions.

#### Role of parents/carers

- Support SPS staff in healthy food options and choices and this Policy.
- Ensure students arrive at school having eaten an appropriate and healthy breakfast.
- Provide students with healthy food options (see below).
- Provide additional brain break food separate from what is provided for recess and lunch.
- Ensure students have a water bottle filled with water only, for use in the classroom, each day.
- Advise SPS of any students allergies and adhere to any requests to refrain from bringing certain food groups into school due to allergies.

Appropriate foods are generally unprocessed and ensure a slow release of glucose rather than a quick fix provided by high sugar/fat filled foods. The latter do not sustain the consistent glucose input the brain requires.

Examples of acceptable brain break foods include:

- Fresh fruit and vegetables
- Dried fruit (e.g. apricots, prunes, raisins and sultanas)

- Rice cakes
- Plain unsalted pop corn
- Seeds (e.g. sunflower, sesame, tahini, linseed and pepitas)
- Chick peas and other legumes
- Cheese sticks/cubes
- Boiled eggs (already shelled)
- Natural Yoghurt
- Sealed fruit cups in natural juice

Please note – when required, parents and carers will be notified of any students with food allergies and may be requested to refrain bring these food groups to school. These requests and any updates to these requests will be appropriately communicated by SPS.

### 3. POLICY REVIEW TIMEFRAME

This policy will be reviewed and updated every five (5) years or as deemed necessary in consideration of any changes to legislation and relevant standards, codes and guidelines.