



Promoting Health 2012

POLICY STATEMENT

Coolbinia PS is committed to creating an environment that promotes learning and actively teaches healthy eating and physical activity patterns for long term health.

1. Food and drinks provided in Western Australian public schools are required to support the development of healthy eating and care of teeth in students.
2. Coolbinia PS is committed to supporting and protecting students who have food-related health issues.
3. Coolbinia PS is committed to embracing and supporting cultural differences and their effect on selection, preparation and serving of appropriate foods for students and their families.

BACKGROUND

Schools can make a contribution to maintaining the health of children, school staff and the wider community. According to the Health Promoting Schools Framework initiated by the World Health Organisation, a health promoting school is one that is based on a social model of health. This model takes into account the physical, and social and emotional needs of all members of the school community. Together, members work towards providing students with positive experiences and structures that promote and protect their health.

Health – All Students

In Western Australia the number of children and young people who are overweight or obese has tripled since 1985, with a quarter of boys and a third of girls aged 7-15 years overweight or obese in 2003. Young people who carry excess weight or are obese have a greater risk of a number of immediate and long-term health and behavioural problems.

The Western Australian government has set a new policy and standards for healthy food and drink in public schools. The policy and standards are based on:

- The National Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating (AGTHE).
- A whole school approach including canteen workers, principals, teachers, students and parents/caregivers
- A 'traffic light system' for rating the suitability of foods and drink. (see appendix);
GREEN – fill the menu
AMBER – select carefully
RED – off the menu

Coolbinia PS supports healthy eating and reinforces nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable. Along with the requirement that students participate in a minimum of two hours of physical activity, the **Promoting Health** policy is another step in ensuring our children are fit and healthy, both now and into the future.

Food and Cultural Beliefs

Coolbinia Primary School is inclusive of children's cultural beliefs and/or food tolerance, allergies and anaphylaxis in the provision of activities relating to food. Parents may wish to withdraw their child or

provide alternative food items based on health or cultural reasons.

Components of Coolbinia Primary School as a health promoting school:

- Health education curriculum
- Health services - school nurse, immunization program
- Healthy canteen and promotion of healthy eating options by teachers
- Physical education
- Health promotion for staff
- Pastoral care through restorative approach including Tribes, class agreements, staff agreements and community agreements
- Sustainability
- Stephanie Alexander Kitchen Garden
- Acknowledgement and promotion of cultural diversity and impact of culture on food choices and celebrations

The policy and standards for healthy food and drinks applies to:

- canteens and food services
- classroom rewards
- excursions and camps
- classroom cooking activities.

Coolbinia Primary School's Promoting Health Policy is based on the following Department of Education Policy and Guidelines

Duty of Care for Students

Student Health Care

Healthy Food and Drink Policy

Anaphylaxis Advice Paper

Australian Guide to Healthy Eating (AGTHE)

Dietary Guidelines for Children and Adolescents in Australia (2003)

What's on the Menu for WA Schools

det.wa.edu.au/healthyfoodanddrink

Related School Policies:

Crunch and Sip

Anaphylaxis

Coolbinia Primary School's Promoting Health Policy incorporates kitchen procedures recommended by the Stephanie Alexander Kitchen Garden program:

Kitchen Rules

Knife Rules

<http://www.kitchengardenfoundation.org.au/login>

For more information:

- Western Australian School Canteen Association Inc. website waschoolcanteens.org.au
- Nutrition Australia website nutritionaustralia.org or phone 6304 5714
- Cancer Council website cancer.org.au
- Heart Foundation website heartfoundation.com.au
- Healthy Food and Drink policy, det.wa.edu.au/healthyfoodanddrink

| Principal, Associate Principal, Business Manager & School Officer | Parents | Class Teacher | Educate Students |
|--|--|--|--|
| <p>The administration team aim to:</p> <ol style="list-style-type: none"> 1. On enrolment ensure parents provide an anaphylaxis health care plan for children with anaphylaxis and this information is recorded into Integris. 2. On enrolment record any relevant information such as cultural background, food intolerance and health issues that may impact on food handling, cooking and eating onto Integris. 3. Liaise with the school Parents and Citizen's Association to ensure food handling practices and menu selections in the school canteen minimise the risk of exposure to common allergens and that canteen lunches include food choices from the Green and Amber traffic light system. | <p>The parents of all students aim to :</p> <ol style="list-style-type: none"> 1. Respond cooperatively to requests from the school to avoid common allergens in lunches 2. Provide class teachers with relevant information on students cultural backgrounds that may affect food choices (Halal, Kosher) allergies, food intolerances or any other background information 3. Follow the traffic light system when packing lunchboxes. 4. Encourage children to respect anaphylactic students and school policies on allergy awareness. 5. Provide their child with allergen safe and healthy foods for special occasions and exchanges. (Birthday cakes because of the high sugar/fat content are not encouraged.) 6. Teach their child to practise hand washing before and after handling food 7. For children with food | <p>Class teachers aim to:</p> <ol style="list-style-type: none"> 1. Familiarize themselves with Coolbinia Primary School's Health Promoting Policy and Coolbinia Primary School's Anaphylaxis Policy 2. Meet with the parents of students with anaphylaxis or other medical conditions to discuss their child's medical action plan in relation to food choices. 3. Teach healthy nutrition as part of the Australian Health Curriculum. Food selection to be based on green and amber foods(eg. cooking, excursions, camps) 4. Encourage hand washing before and after handling food. 5. Encourage students and parents to choose allergen-safe and healthy foods for lunches, snacks, and classroom/school events. 6. Determine suitability of cooking activity using checklist to ascertain suitability for class group – eg if a child has contact anaphylaxis in the class then it may be wise not to use that food item or if a child is strictly halal an alternative activity may need to be designed for that child. 7. Avoid the use of food treats in class or as rewards. Encourage parents to limit birthday treats and provide alternative non food treats. (balloon, fruit kebabs) 8. If cooking, always ensure use aprons, soap and water for washing, ensure tables are wiped and correctly bag food scrapes. | <p>Teachers and Parents aim to educate students to:</p> <ol style="list-style-type: none"> 1. Make healthy food choices 2. Encourage hand washing before and after handling food 3. Learn to avoid allergens as much as possible (e.g., reading labels, not sharing foods) 4. Respond cooperatively to requests from the school to avoid allergens from lunches and snacks. 5. When cooking, always wear aprons to avoid the risk of cross-contamination 6. Ensure tables are wiped before and after using food 7. Correctly dispose of any allergen causing food scrapes in a bag and then place in class bin. (not outside bin) |

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|--|---|--|--|
| | <p>allergy: parents supply alternative food options for their child when required.</p> <p>8. Teach their children why it is important not to share food before knowing allergic/anaphylactic class mates.</p> <p>9. If parents are concerned with the foods children will be cooking with, request your child to be withdrawn from the activity</p> | <p>Allergy causing food scraps, (mostly eggs and nuts) wrapped and placed in class bin (not outside bin). Other food scraps taken by each class at the end of the lesson in the compost bin and paper scraps in the paper recycling bin.</p> <p>9. Inform teachers from other schools of the presence of the anaphylactic student during inter-school visits. Suggest that the other school does not bring allergy-causing foods during the visit.</p> <p>10. Inform volunteers and casual relief staff if they are caring for a student at risk of anaphylaxis and their role in responding to an anaphylactic reaction.</p> <p>11. Inform other students in the class if the teacher is caring for a student at risk of anaphylaxis (implication re not sharing food).</p> <p>12. Be aware of the possibility of hidden allergens in foods and of traces of allergens when using items such as egg or milk cartons in art or cooking classes.</p> <p>13. Consider the risk of cross-contamination when preparing, handling and displaying food.</p> | |
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Appendix 1

What's on the menu for WA schools

The table below provides examples of GREEN, AMBER and RED foods under the new traffic light system for WA public schools. This is not the entire list of available foods.

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *School Health Care Policy and Anaphylaxis Advice Paper* before deciding whether or not to include nuts and nut spreads on the canteen menu.

| GREEN | Examples |
|---|--|
| Fill the menu | |
| Breads | A variety of bread types |
| Cereal foods | Wholegrain cereals, pasta, noodles, rice |
| Vegetables | Vegetables and salads (reduced fat dressing only), all salad mixtures |
| Fruit | Fresh, frozen and tinned (in natural juices) |
| Legumes | Tinned leg bean mix, kidney beans, cooked |
| Reduced fat dairy products | Reduced fat milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese |
| Lean meat, fish, poultry and alternatives | All lean meats, chicken (no skin) or registered meats, * fish (eg tuna, salmon, sardines), and egg |
| Sandwich fillings | All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hummus, vegemite, yeast spreads and fish spreads* |
| Hot food | Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting the criteria for registration such as curry and rice and pasta dishes |
| Snacks | Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/low fat/flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks* |
| Drinks | Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water |
| AMBER | Examples |
| Select carefully and limit | |
| Breakfast cereals | Refined cereals with added sugars |
| Full fat dairy foods | Milk, yoghurt, custard, low fat dairy desserts and cheese |
| Savoury commercial products | Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt* |
| Snack foods bars | Registered products such as breakfast bars, cereal bars and fruit bars* |
| Savoury snacks | Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)* |
| Cakes, muffins and sweet biscuits | Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour)* |
| Ice-creams, ice blocks, fruit based icepops, slushies | Registered ice-creams, milk based ice confectionery, frozen yoghurts and rice cream* |
| Drinks | Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials |
| RED | Examples |
| Off the menu | |
| Sugar and artificially sweetened drinks | Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana) |
| Confectionery | All types, caramelised popcorn |
| Pastry items | All types that do not meet the criteria for registration |
| Sandwich meats | High fat sandwich meats including polony (devon) and salami |
| Deep fried foods | All types |
| Savoury snacks | Crisps, chips and other similar products that do not meet the criteria for registration |
| Ice-creams | Chocolate coated and premium ice-creams |
| Sandwich fillings | Honey, jam, chocolate spreads, confectionery sprinkles |
| Cakes, muffins and sweet pastries | Croissants, doughnuts, cream filled buns/cakes, sweet pastries, slices |

* Meets the criteria for Star Choice registration

Appendix 2

Teacher Checklist for the use of 'food' in schools

Teacher's please complete this checklist before organising any activities requiring the use of food in school. In the decision making process, you must determine the suitability of an activity involving food with the prime consideration being one of safety and care. For example:

| Student Names | Kosher | Halal | Anayphlaxic | Food Intolerance Celiac/Lactose | Vegetarian | Other |
|---------------|---|-------|---------------------|------------------------------------|------------|--|
| Bob | Parents have indicated child can participate in cooking activities except when pork/ham is used. Parents will supply an alternative food for such acitivies | | | | | |
| Bill | | | Allergic to peanuts | | | |
| Jill | | | | | | Avoid 'junk' food as recently had braces |
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Appendix 3

HEALTHY FOOD and DRINK POLICY

Dear Parents/Caregivers

Our class will be having a party to celebrate on

Please provide a small plate of food to share that reflects the school's commitment to providing healthy food and drink choices to our students.

Food from the Green and Amber sections of the 'Traffic Lights' may be provided. Remember we are an allergy aware school so please ensure the food provided does not contain nuts or nut extracts and eggs.

If you have any questions please do not hesitate to ask.

Yours sincerely

HEALTHY FOOD and DRINK POLICY

Dear Parents/Caregivers

Our class will be cooking on

Please be aware that some ingredients will be used for this specific lesson contain foods from the 'Red' section of the healthy eating guide including:

- ...
- ...
- ...
- ...

Please be aware that the kitchen is not halal or kosher approved.

As a result, parental permission is required for your child to participate in this activity

If you have any questions please do not hesitate to ask.

Yours sincerely

I give permission for my child _____ to participate in the cooking lesson that includes ingredients from the Red group on the healthy eating guide.

Signature: _____

Appendix 5

Kitchen Rules

Always wear shoes.

Always wash and dry your hands before entering, including after going to the toilet, harvesting produce from the garden, touching your hair.

Remember to keep the noise level down.

Do not use a knife unless you have permission.

Please put everything away in the correct spot.

Tea towels are for drying dishes and sponges for wiping benches/dishes. Never use a sponge or tea towel on the floor – use paper towel or the mop.

Your mess is your responsibility.

The kitchen is not a playground – for it to be a fun environment it must be a safe environment.

Appendix 6

Knife Rules

1. Only use a knife if you have been asked to or if you have asked permission.
2. Always hold a knife by the handle, NEVER the blade.
3. Never point a knife towards a person, including you.
4. Always use a cutting board.
5. Make sure you firmly hold the thing you are cutting with your other hand.
6. Form your left hand into a bear's paw. Keep your fingernails out of view; don't forget your thumb!
7. Use your knuckles as a guide.
8. Always cut away from yourself.
9. NEVER put a knife into a sink of water.
10. Always carry a knife with your arm by your side and the blade pointing towards the floor.

The better you are at handling knives the better you will be at preparing the food and it will be lots more FUN!

Appendix 7

® KitchenAid Stand Mixer rules

Be safe:

Only use the stand mixer when you have an adult to help you.
Make sure any long hair is tied back, and nothing is hanging from your clothing that could get caught in the mixer.
Only an adult should lift or move the stand mixer (it's heavy!).
Do not put your hand in the bowl when it is mixing.

When mixing:

To turn the speed of the mixer up or down, move one number at a time.
Do not put more than 1.3 kg of ingredients into the mixer.
For heavy loads like pasta and bread dough, knead using a slow speed (*speed 1 or 2*) and do not mix for longer than 4 - 5 minutes.
Do not use the whisk for creaming butter and sugar.
If the mixer is making a tinging sound, turn it off and tell an adult.

Take care of your stand mixer:

Do not put any pieces of the stand mixer into the dishwasher.
Wipe down the mixer and hand-wash all the parts after every use.