

John Paul College Policy

FOOD AND NUTRITION

RATIONALE

Our school has a strong commitment to the health and well-being of students through the active promotion of nutritious foods and healthy food choices.

Healthy eating practices in accordance with the National Food and Nutrition Guidelines, are to be promoted on the John Paul College Campus, to ensure full physical, mental health and to develop lifelong positive attitudes to health and wellbeing.

John Paul College has a commitment to addressing the underlying causes of obesity, to ensuring students are not hungry at school and to ensuring students improve their knowledge and eating habits in relation to nutrition, obesity and physical well-being.

PURPOSE

1. To promote healthy eating and nutrition in order to influence students in the food choices they make.
2. To educate students on the benefits of healthy eating practices and the relationships between nutrition and physical and mental well being.
3. To educate students on the health risks associated with poor nutritional choices which can lead to obesity.
4. To ensure that food and beverages available within the school are healthy and nutritious.
5. To promote physical activity as a vital partner to good nutrition practices.
6. To be aware and sensitive to the range of international cultures represented in the college and to allow for traditional food preferences.
7. To provide nutritious food to those students who come to school without breakfast or lunch and are hungry at school.

GUIDELINES

Food and beverage choice

1. Healthy foods and in particular “everyday” foods as outlined by the Ministry of Health Food and Nutrition Guidelines and the Food and Beverage Classification System (FBCS) to be provided to encourage students to make appropriate choices and to reinforce what students learn about nutrition in the classroom.

2. The school canteen menu is to be dominated by “everyday” foods and drink and “occasional” foods are to be minimised.
3. Canteen contractors will consult with the Health Co-ordinator when considering changes to the menu and any changes must be approved and signed off by the Health Co-ordinator.
4. All food and beverages sold or provided at the College will reflect the aims and objectives of the Heart Foundation and the Food and Beverage Classification System Guidelines. The consumption of highly processed food and foods high in salt, sugar and fat will be actively discouraged.
5. The consumption of so-called fizzy drinks, high energy drinks e.g. Powerade and cordials will be actively discouraged.
6. Water is to be advocated as the best option for fluid intake and to this end, clean drinking water is to be available to students at all times.
7. Students to be encouraged to try both familiar and unfamiliar foods.
8. If a student is hungry at school they should see either their Dean or counsellor to receive appropriate food to eat.

Parents/Caregivers Role

1. Parents and caregivers are encouraged to provide lunches which meet the national Food and Nutrition Guidelines.
2. Parents and caregivers are encouraged to actively involve the student in food choices and in food preparation.
3. Parents of students presenting as hungry will be notified.

Staff Role

1. Staff will be alerted to students with food allergies.
2. Staff will ensure all students with food allergies have an action plan to manage any adverse reaction.
3. Staff have a positive influence as role models of healthy eating and when the opportunity presents with students, should practice healthy eating choices.
4. If a teacher believes a student is hungry that student will be referred to the Dean or counsellor.

Curriculum

1. The school incorporates activities that relate to healthy eating and nutrition as part of the Health and Physical Education Curriculum to encourage students to make healthy lifestyle choices.
2. The use of promotional material to enhance the healthy choice message, will be actively promoted within the college environment.
3. The College will liaise closely with *Toi Te Ora* Public Health, Ministry of Health, Ministry of Education, the Heart Foundation and other agencies in the implementation of this policy within the curriculum,.
4. Recognise the significance of settings and situations that convey food and nutrition messages that are in addition to classroom lessons and the canteen service – fundraising, camps, sports days.

Food Safety

1. Any food prepared, stored or sold on the school premises will be prepared in a smoke free environment and in accordance with Rotorua District Council by-laws and Ministry of Health directives in relation to food preparation and sale.

Fundraising

1. Whenever possible food to be used for fundraising will follow the National Food and Nutrition Guidelines and promote healthy options.

Ratified by Board _____ Signed by B.O.T. Chair

_____ Date

Next Review _____ Signed by B.O.T. Chair

_____ Date 2017