

Section: Welfare
Number: 3.11b
Version: 1
Page: Page 1 of 2
Approved: Executive Team
Date: May 2018
Review: May 2020

FOOD AND NUTRITION (NUT AWARENESS)

The School is committed to providing a safe environment for students, staff and visitors and seeks to promote healthy choices in relation to food and nutrition. The School supports healthy eating and has a vital role to play in helping to reduce the worldwide epidemic of obesity. Cafe staff, parents and other school staff can be positive role models and champions to endorse health promotion in the School.

The School supports healthy lifestyles and nutrition by adopting a whole school approach with consistent messages promoted through the curriculum and social and physical environments. The School promotes healthy lifestyles through a range of initiatives and programmes such as non-food related fundraising initiatives, daily fitness activities and the promotion of physical activity, newsletter and social media communications on healthy eating and/or health promoting messages and fundraising initiatives which promote physical activity.

The School's approach is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day. The approach applies to classroom activities, teaching programmes, cooking activities, fundraising events, camps and excursions and the food service provided by the Café.

The Cafe provides students and staff a food service that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable. The Café will reinforce the nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

FOOD ALLERGIES

Due to the prevalence of food allergy in childhood and the higher likelihood of accidental exposure, food allergy is one of the most common triggers for an allergic reaction. The School wishes to protect those students who suffer from severe food allergies and could be in danger of life threatening anaphylactic reaction. For this reason, bringing known food allergens including nuts and nut products to School, is discouraged. This includes peanuts, cashews, walnuts, almonds and all other tree nuts and products containing nuts or "traces of" them.

It is important for students, families and staff to be aware that the School is unable to guarantee food supplied by the Café, or other sources, is free of substances that may cause an allergic reaction. Accordingly, the School encourages members of the School community with any such allergies to be sensible and vigilant when eating food provided at School. The School Café will ensure as far as is reasonable and practicable that it does not sell any items containing nuts or traces of them.

Caterers for School functions will be informed of this policy.

Families must provide information concerning a student with an allergy in the form of an Anaphylaxis Action Plan, when the student starts school and provide annual updates.

Parents are expected to educate the anaphylactic-prone students in the self-management of their food allergy e.g. safe and unsafe food, strategies for avoiding exposure to unsafe foods, symptoms of allergic reactions, how and when to tell an adult.

All staff will be made aware of students at risk of an anaphylactic reaction. This is via the School Management System where a photograph of the student with details of allergic triggers, First Aid response and prescribed medication is detailed.

Should an allergic reaction occur:

- teachers will inject student using epipen;
- ambulance will be called;
- parents will be contacted;
- the School's medical emergency procedures will be followed.