



The Hutchins School: Children's Services

CS-123: Nutrition and Healthy Eating Policy

Key Legislation	National Quality Standard for Early Childhood Education and Care and School Age Care: Standard 2.2.1: <i>Healthy Eating is promoted, and food and drinks provided by the service are nutritious and appropriate to the age of the child.</i>
Commencement Date	1/1/2011
Last Review Date	1/9/2016

1. Purpose

The purpose of this policy is to ensure that children and families utilising The Hutchins School: Children's Services are provided with information regarding nutrition and healthy eating, and to ensure that children are supplied with food that is nutritious and age-appropriate.

2. Scope

This policy applies to The Hutchins School: Children's Services.

3. Objectives

The Hutchins School is committed to the nutritional needs of the children under its care. It is our belief that children should be encouraged to enjoy healthy food, and that any activities that involve food and its preparation should promote appropriate food choices and healthy eating. The objective of this policy is to inform both staff and parents regarding the need for good nutrition, as well as promoting independence and self-help skills for children in making healthy choices.

This policy is consistent with current best practice, specifically the *'Dietary Guidelines for Children and Adolescents in Australia'* (2003), and is designed to follow the requirements of the *National Quality Standards for Early Childhood Education and Care and School Aged Care*, the *Early Years Learning Framework*, and *'My Time, our Place'*, in regards to the health and nutrition requirements of children in care. Given, however, that the services of the Hutchins School Kindergarten and OSHC operate in what is primarily a school environment, our role in supporting the nutritional needs of children consists primarily in informing their choices, and the choices made by the families utilising these services.

4. Definitions

The Hutchins School: Children's Services A term used to denote The Hutchins School: Outside School Hours Care & Kindergarten (collectively).

OSHC The Hutchins School: Outside School Hours Care



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Kindergarten

The Hutchins School: Kindergarten (including Pre-Kinder)

Health

A state of wellbeing free from sickness or disease.

5. Policy Information

Where food is provided by the Hutchins School kindergarten or OSHC, staff have a responsibility to ensure that the provision is meeting the nutritional needs of the children in an age-appropriate manner. Given that the responsibility for main meals during school hours falls primarily upon the families utilising our services, however, our primary obligation is to ensure that the school community remains informed of current best practice at all times. This will be ensured through the provision of up-to-date information from recognised authorities regarding the nutritional needs of children.

Families utilising the services of the School are, in all circumstances, encouraged to provide healthy, nutritional meals for their children. The School bears the responsibility for providing water to the children at all times. When providing food to children, the School considers the food and dietary preferences that families may have. This may include (but is not limited to) religious beliefs, such as Judaism (kosher) or Islam (halal), or family lifestyle (vegetarianism). The School also considers the dietary needs of children with allergies; provision for such children will be made wherever possible. In the event of an allergic reaction or anaphylaxis, staff are required to follow the relevant action plans.

Food Brought From Home

Given that the majority of the food consumed while children are in care at The Hutchins School Kindergarten and OSHC is provided by the parents utilising the services, it is essential that the school community is kept informed of nutritional best practice. It is also vital that the school has procedures in place to address the possibility of inappropriate foods being sent along with children.

Given these circumstances, the School will ensure that:

- *Families are provided with guidelines on food, and suggestions for nutritious and safe foods;*
- *Families have access at all times to the School's Nutrition and Healthy Eating policy (this document);*
- *Food brought to the school that is considered inappropriate is replaced with a healthier alternative wherever possible;*
- *Parents will be advised when their child is not eating well, or where there are any health concerns;*
- *An eating environment which promotes healthy eating will be provided;*
- *Staff will supervise children during eating times*
- *Children will be taught about food and nutrition through curriculum, activities and practical food preparation;*
- *Tap water will be the main drink, and will be available to the children at all times; and*
- *Food will always be available in case of emergency.*



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After School Care

Afternoon Tea is provided at After School Care on a daily basis. The service endeavours, where possible, to provide a number of different kinds of fruit and vegetables, and to vary what is on offer according to seasonal changes. Sandwiches and spreads are also provided, which offer an excellent source of carbohydrates for replacing energy expended in play. Children are encouraged to serve themselves, and to help one another.

Drinks provided include cordial (on a limited basis – this is not provided after 4pm), water (always available) and flavoured milk (on occasion). Centre documentation specifically states the food that is provided for the children while at After School Care, in order to keep parents informed of their children's eating habits and nutrition.

Vacation Care

Parents are required to provide main meals for the children during Vacation Care, unless the program specifically states that lunch is provided. The service offers a range of fruit, vegetables and drinks similar to those at After School care during this period also. The service uses barbeques, picnic lunches, and other food-oriented activities as an excellent opportunity for the children to socialize together as a large group, rather than just small, and sometimes select groups. These occasions also provide an opportunity for children to participate in preparing meals, sharing responsibility, and cooperating with one another.

Food Safety

The Hutchins School follows safe, hygienic food preparation practices, and encourages children to adopt similar practices in the preparation, storage, and presentation of food. Staff comply with the recommendations of relevant authorities for hand washing, cleaning and sanitising, in keeping with best practice. Food preparation is undertaken in clean, sanitary areas, which are set aside for this purpose. These facilities are well-maintained, and in good working order at all times. Staff are required to wash their hands thoroughly using hot, soapy water prior to the handling of food, while food preparation areas are cleaned and sanitised both prior to and after the handling of food. To ensure consistency, The Hutchins School ensures that all staff have access to current information, and receive ongoing training and professional development from recognised authorities.

Allergies, dietary needs, and cultural needs are considered at all times in the provision of food within the service. Sweets and lollies are not offered by the service. Should parents choose to send them along with their child, they are asked to restrict them to their child or children only.

Supervision During Meal Times

During meal times, it is important that staff supervise the children; not only to ensure that they are safe and happy, but also to gain awareness of each child's eating habits and needs.



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With this in mind, staff are expected to:

- *Sit with the children whenever possible during meals;*
- *Promote a positive, relaxed, social eating environment with the children;*
- *Promote discussion about the food being served to the children (where relevant);*
- *Provide positive encouragement and role modelling;*
- *Discuss food from a variety of cultures; and*
- *Encourage self-help, and, where necessary, assist children at mealtimes.*

6. Supporting Procedures / Guidelines

n/a

7. Legislative Documentation and Standards

National Quality Standard for Early Childhood Education and Care and School Aged Care, Canberra, ACT, 2009.

Quality Area 2: Children's Health and Safety

- **Standard 2.1: Each child's health is promoted**
 - *Element 2.1.1: Each child's health needs are supported*
 - *Element 2.1.3: Effective hygiene practices are promoted and implemented*
 - *Element 2.1.4: Steps are taken to control the spread of infectious diseases and to manage injuries and illness, in accordance with recognised guidelines.*
- **Standard 2.2: Healthy eating and physical activity are embedded in the program for children**
 - *Element 2.2.1: Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.*
 - *Element 2.2.2: Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.*
- **Standard 2.3: Each Child is Protected**
 - *Element 2.3.2: Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury*

Quality Area 6: Collaborative partnerships with families and communities

- **Standard 6.2: Families are supported in their parenting role and their values and beliefs about child rearing are respected.**



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- Element 6.2.2: *Current information is available to families about community services and resources to support parenting and family wellbeing.*

Belonging, Being and Becoming: The Early Years Learning Framework, Canberra, ACT, 2009.

My Time, Our Place: The Framework for School Age Care in Australia.

Education and Care Services National Law Act 2010.

Education and Care Services National Regulations 2011: Regulation 99; 168, 168(2)(h).

8. Referenced External Documentation

Australian Nutrition Foundation. *Nutrition Australia*. Retrieved March 20, 2009, from <http://www.nutritionaustralia.org>

Better Health Channel. *Childcare and Healthy Eating*. Retrieved March 20, 2009, from <http://www.betterhealth.vic.gov.au>

South Australian Child Care Nutrition Partnership. (2005). *Planning Nutritious Child Care Menus*. Nutrition Checklist and Support Materials, 2nd Edition. Retrieved March 20, 2009, from <http://www.wch.sa.gov.au/childcarenutrition>

Coleman, K; Geller, K; Rosenkranz, R.; Dziewaltowski, D. *Physical Activity and Healthy Eating in the After-School Environment*. The Journal of School Health, (2005) pp. 633 - 640

Tansey, S. Outside School Hours Care Quality Assurance Factsheet #1: Nutrition and Healthy Eating. NSW: National Child Care Accreditation Council Inc. (2005)

Tansey, S. Outside School Hours Care Quality Assurance Factsheet #3: Food Safety. NSW: National Child Care Accreditation Council Inc. (2005)

9. Record Keeping

This policy is to be kept for two (3) years until review, unless there is a significant legislative or organisational change requiring earlier review.

The master copy is kept on Sharepoint (Policies) and is read-only in PDF form. All printed copies are uncontrolled.



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10. Policy Owner

The Hutchins School Headmaster

11. Policy Review Details

<i>Date</i>	<i>Changes made under review</i>
21/02/2014	Policy placed in new (2013) template. Minor changes made to terms contained within the document to preserve continuity with the NQF and EYLF (e.g. "staff" becomes "educators" and so on). No major changes to procedures.
30/9/2016	Document text neatened; no policy changes.