

Version	Approval Date	Details	Approved By	New Review
1	11/11/2021	New	School Board	2024

## Food Policy

### Rationale

IQRA College promotes safe and healthy eating habits in line with the *Right Bite* Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DECS wellbeing strategy. On top of this, we want to ensure that we serve only Halal food and educate our students ways to identify sources of halal food. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

### Curriculum

#### Our school's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food
- integrates nutrition across the curriculum according to SACSA<sup>1</sup> guidelines.

### The Learning environment

#### Children/students at our school:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day (water bottles allowed in the classroom)
- will eat routinely at scheduled break times
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- utilise/will develop and maintain a school garden and integrate the garden across the curriculum.

#### Our school:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast for students
- teaches the importance of regular healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site in designated areas

### Food supply

#### Our school:

- encourages halal and healthy food and drink choices for children and students
- encourages food choices which are representative of the foods of the school community
- ensures halal and healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a halal and healthy food supply for school activities and events
- has established a healthy school canteen which sells and promotes halal and healthy food choices
- displays nutrition information and promotional materials about healthy eating

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<sup>1</sup> South Australian Curriculum Standards and Accountability Framework.



- encourages a daily fruit and vegetable program to:
  - o provide students with important minerals and vitamins
  - o encourage a taste for healthy foods.

#### Buying and Ordering of Food from Non-School Vendor

- Students are not allowed to buy and/or order outside food.
- Request to buy and/or order food from non-school vendor can only be made by admin staff after approval from the School Principal.
- Request should be made via email through the Principal. Request should clearly indicate:
  - o Reason of purchase
  - o Vendor's name
- Any purchases made by students without a teacher's request for approval through the Principal will not be distributed.
- There should be a valid reason for purchasing food from non-school vendor.
- Students are required to bring their own food and drinks from home if they are not purchasing from the school's canteen.

#### **Food and Kitchen Safety**

##### Our school:

- promotes and teaches food safety to students during food learning activities
- encourages staff to access training as appropriate to the Right Bite strategy and associated nutrition recommendations
- provides adequate hand washing facilities for everyone
- models, promotes and encourages correct hand washing procedures
- supports a canteen which is accredited in appropriate food safety standards.

##### Use of School/Staff Kitchen

- All students (Reception to Year 12) are not allowed to enter the school's kitchen staff kitchen.
- All students (Reception to Year 11) are not allowed to enter staff's kitchen.
- The year 12 students are allowed to use the level 1 kitchen where the junior school is located.
- Students found entering and using the school/staff kitchen will receive consequence/s based on the steps in the School's Behaviour Policy Framework.

#### **Food-related health support planning**

##### Our school:

- liaises with families to ensure a suitable food supply for students with health support plans that are related to food issues e.g allergies, diabetes.
- Liaises with families to avoid bringing unhealthy snacks and food (like soda, doughnuts, sweets, etc) and fast-food (like KFC, McDonalds, etc) to school.

#### **Working with families**

##### Our school:

- provides information to families and caregivers on the *Right Bite* strategy in a variety of ways including:
  - o newsletters
  - o policy development/review
  - o information on enrolment
  - o pamphlet/Poster displays



Note: If your school has a child/ student with a **serious food allergy** (eg. nuts), a separate policy for the duration of that child's involvement with the school may be developed and communicated to parents and staff.