



## **Greenwich Public School Nutrition Procedures**

**October 2017**

### **Rationale:**

Greenwich Public School promotes and models healthy eating and good nutrition. Students are taught about healthy eating and nutrition in formal Personal Development/Health/Physical Education lessons and assembly presentations, in informal situations and during the Life Education program. A healthy lifestyle, including a balanced diet, regular exercise and a good knowledge of healthy food groups, is the goal.

These procedures reflect the relevant aspects of the Healthy School Canteen Strategy 2016.

Consideration should be given at all times to students who have allergies and dietary restrictions.

### **Guidelines for teachers/visitors/guest speakers/voluntary tutors/helpers/Scripture and Ethics Teachers:**

Teachers/visitors are encouraged to use non-food based rewards to acknowledge appropriate behavior and achievement in class. Examples include:

- Greenwich Wings
- Extra art activities
- Computer time
- Games and puzzles
- Stickers, pencils, rubbers etc
- Free play time
- Points that can be earned towards a larger prize such as book, sports equipment
- Lucky dip prize
- Mystery prize pack

Food based rewards will not be used.

### **Guidelines for Parents/Carers:**

Parents/Carers are *not* to send small birthday treats for the class to celebrate a child's birthday.

Easter Eggs, Christmas candy canes or other sweets are not to be brought to school.

### **Fundraising and In Class Activities:**

Most foods brought in for fundraising are likely to be high in sugar and will be considered as part of our 2 food days per term. These may include SRC Morning Teas for Biggest Morning

Tea for Cancer Research, P&C Athletics Carnival Cake Stall, Year 6 Fun Day and other fundraisers or approved activities during the year.

Once again, ingredients are to be listed for all home-made items and packets provided for all commercial items, in order to monitor allergies.

### **Iceblocks**

In Term 4, Year 6 students sell frozen iceblocks as a fundraiser for the stalls for Year 6 Fun Day. Iceblocks should be 99% fruit juice (with no added sugar) frozen in containers approximately 200ml eg Quelch Fruit Sticks. These may be sold three times per week.

### **References:**

NSW Department of Education Nutrition in Schools Policy 27/02/2017.

Ratified at Greenwich PS School Council Meeting 19 October 2017

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#### **Greenwich Public School**

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