

Highgate School Food & Drink Supply and Healthy Eating Policy



At Highgate School we aim to provide a safe, culturally sensitive learning environment for all students. We work to raise awareness of how good nutrition contributes to good health and wellbeing.

Roles and Responsibilities

Parents and Caregivers

- ✓ Parents/caregivers will not send food to school to be shared with or distributed to other students, including for celebrations such as birthdays
- ✓ Camps are fully catered for, therefore Parents/caregivers will not send extra snacks on camp

Highgate School Canteen

- ✓ Highgate School Canteen will follow the Right Bite strategy and only sell food categorised as "Green" or "Amber" under the Right Bite strategy except on designated "red" food days as negotiated across the school
- ✓ Highgate School Canteen will ensure food is clearly identified as "Green" or "Amber" on menus, in the canteen and on Qkr! App
- ✓ Definitions of Red, Green and Amber foods will be shared through the school newsletter each term, as well as through the school website and communication apps
- ✓ New foods introduced into the canteen will be promoted through the newsletter, and communication apps with their colour coding
- ✓ The canteen manager will ensure all food safety legislation is followed
- ✓ Canteen staff will work to reduce packaging and ensure packaging is environmentally friendly

Highgate School Staff and Leadership

- ✓ School and class timetables will include at least 10 minutes of supervised lunch eating time daily
- ✓ Students will have access to fresh, clean tap water throughout the day and will be encouraged to bring a water-bottle to school
- ✓ School food choices for special events will be culturally sensitive and inclusive, and "allergy-aware"
- ✓ Students will be encouraged to bring a fruit or vegetable snack for a "Brain break" each day
- ✓ Staff will work with the canteen and parents to provide food for students who do not have adequate food
- ✓ Teachers will follow the Australian Health Curriculum and Australian Guide to Healthy Eating to teach students about healthy food and drink choices as well as safe food handling
- ✓ Teachers will educate students about allergies and follow the Highgate School Nut and Allergy Awareness Policy
- ✓ School staff will not distribute food including lollies, cakes or biscuits to students
- ✓ School rewards, and celebrations will not be food-based
- ✓ Staff will discourage students from sharing food
- ✓ Staff will inform parents and students of this policy at enrolment and through the school website and communication apps
- ✓ School Staff will encourage "nude food"
- ✓ School staff will model healthy eating behaviours
- ✓ School staff and the canteen will work together to ensure that there are a maximum of 2 "red" food days/events per term
- ✓ School staff will ensure cooking lessons will promote healthy food and safe food handling and result in "green" or "amber" foods.
- ✓ Cooking lessons connected with cultural awareness which produce "red" foods will be negotiated and planned across the school to ensure there are no more than 2 "red" days per term

For further information" <https://healthy-kids.com.au/school-canteens/canteen-guidelines/sa-right-bite> and [Australian Guide to Healthy Eating | Eat For Health](#)

Approved by Governing Council September 2021 Review 2023