
Food Policy

Purpose of the Policy

To ensure that healthier food and drink is consumed at all times of the day, keeping account of individual needs, such as medical, cultural and ethical requirements and providing healthy eating habits and life-styles in the curriculum as part of a whole-school initiative.

Scope

This policy applies to employees, volunteers, parents/carers, students, and people visiting the School site.

Responsibility

Principal

Point of Contact

Principal

Rationale

The Caboolture Montessori School has a philosophy that addresses a wholistic approach to learning. The student's emotional, academic, physical and social growth are supported and catered for in a pro-active manner. We provide our students and the community with learning opportunities in many areas.

A whole-school food policy is far more affective if an overall strategic approach is 'championed' by the entire community. A whole school food policy ensures that the entire School community and the wider public understand the ethos of the School, within our Montessori curriculum, and promotes health and well-being.

Within the Montessori approach to learning, nutrition is an important element. Dr Maria Montessori states that good choice of food provides educational success and positive performance at school.

Policy

Our Policy will address the following areas:

- Nutrition
- Breakfast
- Morning snacks
- School lunches
- Tuckshop
- Water
- Allergies
- Sharing food
- Hygiene and food safety

Nutrition

The School does not prepare food for students, as students provide their own lunches and snacks brought from home. We expect all lunches and snacks packed by parents/students to include fresh, homemade food as a rule, and regular inclusion of processed foods is monitored by teachers.

Breakfast

Students who have consumed a healthy breakfast before coming to School manage their work better, have better concentration and appear generally happier. Students who do not have breakfast struggle with attention and completion of daily tasks.

It is School policy that all children attending our School must have breakfast before coming to school so that they can perform at their best in class.

Morning Snacks

We encourage students to always bring healthy snacks to eat during their morning break, such as vegetable sticks and fruit. We do not allow carbonated drinks or sweets (chocolate, sugary confections, etc.). We invite parents and students to become more pro-active in analysing packaging and food content for nutritional value and educated selection of choices.

Children and adolescents should be encouraged to:

- eat plenty of vegetables, legumes and fruits
- eat cereals (including breads, rice, pasta and noodles), preferably wholegrain
- include lean meat, fish, poultry and/or alternatives
- include plain milk, natural (not flavoured) yoghurt, cheese and/or alternatives; reduced fat milks are not suitable for young children under two years old, because of their energy needs, but reduced fat varieties should be encouraged for older children and adolescents
- choose water as a drink
- choose foods low in salt
- limit foods with added sugar

and care should be taken to:

- limit saturated fat and moderate total fat intake; low fat diets are not suitable for infants

Source: *Food for Health: Dietary Guidelines for Children and Adolescents in Australia*, National Health and Medical Research Council.

School Lunches

At the Caboolture Montessori School students really work hard during the 'Three Hour Work Cycle'. Providing a wholesome, nutritious lunch will enhance student behaviour and work ability. We encourage students to make their own lunch, adopting healthy strategies to ensure they feed their body the necessary dietary requirements for their age group and their life style. Staff are there during lunch time to model correct behaviours and food choices and to regularly share information about healthy eating habits. At the CMS we adopt an eating time procedure that enhances food intake and digestion and that reflects our respectful attitude to social graces.

We have selected not to use microwaves in the classrooms for safety and nutritional reasons. We recommend that each child acquires a small cooler bag (esky) to maintain the right temperature of their food during the warm season and to have a small flask for keeping food warm in winter.

Tuckshop

A tuckshop is provided at the school at different times of the term. The tuckshop helpers are aware of our Food Policy and support our school ethos by selling healthy, homemade food and addressing our nutritional requirements.

Water

In Australia, the climate is generally warm and hydration is imperative for a healthy individual; therefore, our students are asked to bring a water bottle to school and to keep this bottle in an appropriate, easily accessible and hygienic place in the classroom. Every classroom has been provided with a water distiller for student and staff use. Students may help themselves to water at any time with discretion to class activities and director's guidance.

Allergies

It is the parent's responsibility to inform the school about any student allergy and to maintain an up-to-date record of any medical alert changes. The school will ensure staff are aware and informed about student medical conditions and requirements. Severe cases of students with food allergies should be made visible to all staff, by having pictures of students with required actions required in case of reactions.

Sharing food

The School does not encourage sharing of food among students. Students may have allergies and this could be aggravated if food not prepared by own family is consumed. It is also beneficial for students if their food intake is guided by their own family desires, culture and choice. We do not always know what parents are happy for their child to eat and how children will react to food prepared by others.

Hygiene and food safety

Our aim at the Caboolture Montessori School is to prepare a safe and healthy environment. Hygiene is maintained by cleaning regularly and supervising student behaviours (washing hands after toileting and before eating, keeping food away from contaminants, eating in a clean space, etc.).

On a regular basis all furniture, cutlery and crockery stored at school, is disinfected.

We do not allow our children to use microwave ovens at the Caboolture Montessori School due to health and safety reasons. We recommend parents supply students with vacuum flasks if they want their child's food to maintain a specific temperature.

We provide refrigeration should the students require their food to be kept cold.

Policy Release Details

Date of Policy

July 2022

Review Date

Annually, or in response to new information or student requirements

Superseded by

V1.1

Approved by Principal

Signature Date / /

Approved by Board

Signature Date / /

Change Log

Change status of nut and sesame free school

Related Policies and Documents

- Child Protection Policy
- Duty of Care Handbook
- Risk Management Policy
- The Healthy Eating Pyramid
- WH&S Policy

Policy Distribution

Restrict Distribution – Internal Use Only	<input type="checkbox"/>	(reason) _____
Immediate Parent Email Distribution	<input checked="" type="checkbox"/>	Date completed: 27/07/2022
Immediate Staff Email Distribution	<input checked="" type="checkbox"/>	Date completed: 27/07/2022
Staff Training Required	<input type="checkbox"/>	Date completed: _____
Intranet	<input checked="" type="checkbox"/>	
Staff Manual	<input type="checkbox"/>	
Include in Staff Induction Training	<input type="checkbox"/>	
Parent Lounge	<input type="checkbox"/>	
Parent Manual	<input checked="" type="checkbox"/>	
Website (public)	<input checked="" type="checkbox"/>	
Other (provide details)	<input type="checkbox"/>	_____