



<b>Policy Name</b>	<b>Food and Nutrition Policy</b>
<b>Related Policies and Legislation</b>	Crunch & Sip Program
<b>Policy Category</b>	Student Wellbeing & Safety
<b>Relevant Audience</b>	All Treetops Community
<b>Date of Issue / Last Revision</b>	11 September 2010 03 February 2014 – JCC 12 April 2015 – Re-Formatted
<b>Date Set for Review</b>	February 2016
<b>Person/s Responsible for Review</b>	Treetops Administration

## Food and Nutrition Policy

Treetops School runs a successful *Crunch & Sip* program to support students to establish healthy eating habits whilst at school. An objective of *Crunch & Sip* is to increase awareness of the importance of eating fruit and vegetables and drinking water every day. Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

1. As a certified *Crunch & Sip* school, Treetops encourages students to eat fruit and vegetables and sip water routinely during class time. This is valuable teaching time and an opportunity to discuss healthy eating practices.
2. Treetops School will encourage healthy eating practices through classroom education, Parent Information Evenings and periodically through articles in newsletters etc.
3. The School requests that parents do not send lollies, chocolate, sugary snacks, fizzy drinks or anything of this nature to school. If teachers see children with such items, they will be held until home time and then returned to the parent.

4. **Parents of children with particular food allergies are required to include the details on their child's "Student Health Record and Emergency Contact Sheet" and if required supply the school with an appropriate health plan. All staff are required to familiarise themselves with the child's condition.**
5. Only Health Plans written and signed by the child's GP will be treated as health plans. Other specific dietary requests can be made in writing and all teachers and staff will endeavour to carry out these plans to the best of their ability.
6. Parents are required to provide drink containers and lunch boxes which are clearly labelled with the name of the child for whom they are intended.
7. No food may be ordered for delivery from any company other than the external catering as set up by the P&F and Administration.
8. Teachers will discourage any trading or sharing of food (other than fruit and vegetable platters).
9. In the case that children arrive at school without their lunch and snack, or without sufficient lunch and snack the school will provide available food. All associated costs will be billed to the parent. Time allowing, the first step of this process will be to endeavour to contact the parent with time for them to deliver food to the child.

#### **NUT MINIMISATION**

There has been an increase in the number of children in our community who have significant allergic reactions to nuts. Some of these reactions are life-threatening and can result from merely coming into contact with other children who have eaten or handled nuts earlier in the day (peanut butter sandwiches at breakfast, for example). One of Treetops' children experiences a severe form of allergy to nuts and as a result it has been necessary to ensure Treetops has a nut restriction policy.

- Parents should ensure that their children do not bring nuts, or nut extraction of any sort, to school.
- Parents doing cooking in school should ensure that nuts or nut extract are not part of the ingredients.
- Parents should ensure that birthday cakes and "special lunch" do not contain nuts or nut extract.
- Parents should ensure that if their child has eaten nuts or nut extract before school that they brush their teeth and wash their hands and face thoroughly.