

# NUTRITION POLICY

## This policy is informed by:

- CMS Student Welfare Policy 2015
- CMS Health Policy (reviewed June 2016)
- CMS Allergy Awareness Policy 2016
- <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-stateg-food-index.htm>

## Statement:

Canberra Montessori School recognises nutrition in childhood influence growth, activity, intellectual and emotional development. Fruit and healthy food options are offered to students during food preparation and suggested options to parents to provide for their children.

## Rationale:

Food attitudes and habits are established early in life. Poor nutrition has been linked to diseases such as obesity, heart disease, cancer and diabetes. Several studies of young Australian children have indicated the potential risk of significant disease such as diabetes caused by poor nutrition.

With this in mind and the increase in food allergies and intolerances in children, this policy has been developed.

## Implementation:

### Aims at School:

- Provide ongoing education and promote personal responsibility for good nutritional habits
- Promote positive attitudes towards healthy eating habits
- Provide flexible eating solutions to cater for individual differences and requirements

### **To guide children towards these aims:**

- Drinking water is available always and children are reminded to drink at regular intervals
- Programs on healthy eating, multicultural and religious eating patterns will be incorporated into the curriculum at all levels
- Snack and meal times are established to enhance the child's development by encouraging independence and social skills
- Meal times are relaxed, pleasant and timed to meet the needs of the children
- Food provided in the classroom is healthy and nutritious
- The use of food as punishment, reward or bribe is not permitted
- Communicate any concerns to Parents/Carers
- Motivate staff to present as role models, maintaining good personal nutrition and to eat with the children at meal times

- Sushi day is held at regular intervals throughout the school term and the food on offer will reflect this policy
- CMS maintains the strictest hygiene standards
  1. Kitchen areas are clean, sanitised and free from pests
  2. Children and staff wash their hands prior to handling food

**Parents/Carers**

**Parents and Carers are encouraged to:**

- Ensure children consume a suitable breakfast before attending school
- Provide nutritious and healthy snack and lunch for those staying beyond noon
- Contribute towards the cost of the provision of snack foods for the Cycle 1 classrooms
- Provide up to date information on allergic, medical or religious food requirements
- Chocolate, lollies, chewing gum and similar foods should be avoided
- Special occasion foods (i.e. Birthday Cakes) should be discussed with the Classroom Director. Specifically Cycle 1 Birthday celebrations are to be marked with healthy food options as discussed with individual Directors

Approved by:	Date:	Next Review Date:
Principal	07/08/2020	07/08/2022