



John Colet School

Healthy Eating Policy & Guidelines

Revision Schedule and Stakeholders

Revision Schedule

<i>Date</i>	<i>Version No.</i>	<i>Changes</i>	<i>By:</i>
1/8/00	V1.0	New Document	Headmaster
4/8/05	V1.1	Minor revisions	Admin. Mgr.
7/11/06	V1.2	Name update & minor revisions	Admin Mgr.
8/4/09	V1.3	Minor revision	Bursar
20/10/11	V2.0	Major revision: policy totally revamped to exclude excessive details of allowed foods etc; also “nut aware” rather than nut free. Also Policy owner now Headmaster.	Headmaster

Stakeholders

Document Owner
Headmaster

Document Reviewers
Management Committee
Board of Governors

Document Approval			
<i>Name</i>	<i>Version No.</i>	<i>Date</i>	<i>Approved?</i>
Board of Governors	1.0	1/8/00	Yes
Board of Governors	1.1		n/a
Board of Governors	1.2		n/a
Board of Governors	1.3		n/a
Board of Governors	2.0		

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Introduction

Children need to learn good eating habits from the point of view of health, good manners and service, and we seek to address these aspects in the Healthy Eating Policy and Guidelines.

Vegetarian

The School has a vegetarian food policy which applies to all food consumed at school and on excursions. This policy accords with the virtue of harmlessness to all creatures.

Lunch

Lunch is served in the MacLaren Hall where the children and staff sit at tables together. Lunch is viewed not only as an opportunity to eat but also to learn manners and service. With this end in view the children are encouraged to look after and serve their neighbours. Before dining, the children say a prayer of thanks and Pause together.

See Healthy Eating Guidelines for more detail about the foods served and the procedures of lunch.

Drinks

The children have access to fresh water during the day and at lunch.

Recess Food

Children bring their own food for recess. They are encouraged to bring healthy eating options.

Nut Aware

The School has a nut aware policy. Due to the possibility of an extreme allergic reaction, the school regularly communicates to the school community not to bring any nut products to school or school related activities. While it is not possible to police this absolutely the school makes its best endeavours to enforce a nut free environment.

BANNED FOODS INCLUDE:

- All Nuts
- Peanut Butter
- Nutella
- Sesame Snaps
- Other products containing nuts

Sweets and Chocolates

Sweets or chocolate are very occasionally provided by teachers as incentives but excessive consumption of lollies is not encouraged;

Allergies and Food Intolerances

The policy of the school is, as far as possible, to take into account and meet the individual needs of children with special dietary requirements and/or allergies.

Parents should discuss details of any allergies or intolerances with the school office in the first instance and with kitchen staff if appropriate.

Special Events

Birthdays

Children may bring a Birthday Cake on their birthday to share with their class. Any birthday cakes should not contain peanuts or peanut based products or any meat based products (eg. oils).

Market Days

Once a term, one of the school houses hosts a market day, where cakes and other goodies are sold to raise money for charity. Cakes supplied by parents for consumption at market day must not contain peanuts, peanut based products, or any meat or meat based products. Home made items are preferable.

Packed Lunches

Packed lunches are required on occasion: at the end of term; or for excursions; or when the MacLaren Hall is set up for special events; or occasionally for extended periods during building works. All packed lunches must comply with the School's vegetarian and healthy food policies. Nuts and nut related products, including peanut butter, Nutella and sesame snaps may not be sent in packed lunches.

Nutrition Report

A Nutrition Report is prepared regularly by an independent dietitian. A copy of the current report is available on request from the office.

Lunch Guidelines

Lunch is served in the MacLaren Hall where the children and staff sit at tables together. Lunch is viewed not only as an opportunity to eat but also to learn manners and service.

With this end in view the children are encouraged to look after and serve their neighbours. Before dining, the children say a prayer of thanks and Pause together.

Lunch is served in two separate sittings. Infants dine first at around 12 noon and Primary dine at around 12.30. A meal is prepared in the school kitchen everyday for the children and is served along with fresh fruit and salad and the items listed below. The menu is published ahead of time in the weekly note.

Bread	Butter
Cheddar Cheese	Vegemite
Sultanas	Jam
Yoghurt	Honey

The children must bring the following items with them each day:

Recess food

Plastic plate and cup in a plastic bag.