

# NUTRITION

**Scope:** This policy applies to all Catholic kindergartens, schools, colleges and services conducted by Catholic Education - Diocese of Rockhampton (referred to as CEDR in the document).

## 1. POLICY STATEMENT

Catholic Education – Diocese Rockhampton (CEDR) is responsible for encouraging and supporting the development of eating and drinking habits consistent with the *Dietary Guidelines for Children and Adolescents in Australia*.

## 2. DESCRIPTION

Parents have the primary responsibility to educate children to value and respect the gift of life. CEDR shares this responsibility with parents to support the health and healthy eating habits of their children/students. Schools have an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. A healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance. (Queensland Government Department of Education [Smart Choice – Healthy Food and Drink Supply Strategy for Queensland Schools](#) 2020 p.3)

The policy provides directions and assistance for CEDR schools in the formulation of nutrition guidelines and procedures applicable to the local context.

## 3. IMPLEMENTATION ISSUES

CEDR schools will:

- a) Develop nutrition guidelines and procedures that are reflective of the *Dietary Guidelines for Children and Adolescents in Australia*.
- b) Adopt a school community approach to the implementation of nutrition guidelines and procedures.
- c) Contribute to and enhance current curriculum on healthy lifestyles/choices.
- d) Support professional/personal development for the school and college community including catering staff, teaching staff, students and the parent body.



- e) Be sensitive and aware of individual dietary needs in terms of medical conditions and cultural differences.
- f) Be compliant with any legislative requirements related to the hygienic preparation, handling and storage of food.

#### 4. REFLECTION MATERIAL

##### CATHOLIC EDUCATION POLICIES AND DOCUMENTS

- Catholic Education Diocese of Rockhampton (2019) [\*Defining Features of Catholic Schools in the 21<sup>st</sup> Century\*](#)
- [\*Personal and Social Development Education\*](#) 2017/07
- [\*Mental Health and Wellbeing\*](#) 2019/08
- [\*Student Mental Health and Wellbeing Framework\*](#) 2019

##### WEBSITES

- [Eat for Health](#)
- [Student wellbeing hub](#)
- [Queensland Association of School Tuckshops](#)
- [Nutrition Australia](#)

##### RESOURCES

- Australian Government [\*Australian Dietary Guidelines\*](#) 2013
- Australian Government Department of Health [\*National Healthy School Canteens Guidelines\*](#) 2014
- Queensland Government Department of Education [\*Smart Choice – Healthy Food and Drink Supply Strategy for Queensland Schools\*](#) 2020