

DSM OSHC Policy

Nutrition and Food Safety



Deutsche Schule Melbourne Inc, ABN 52 936 931 854

Rationale

The Deutsche Schule Melbourne – A German English Bilingual School (DSM) recognises the importance of healthy eating to promote the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating. DSM therefore recognises the importance of supporting families to provide healthy food and drink to their children.

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

Principles

It is essential that DSM partners with families to provide education about nutrition, and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, type 2 diabetes and cardiovascular disease.

DSM recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children.

Scope

This policy applies to children, families, staff, and management of the DSM and DSM OSHC.

Goals

DSM has a responsibility to help children to develop good food practices and approaches by working with families and educators to:

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- provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and corn chips.

Implementation

Students are to bring their own food from home.

All students are required to bring a water bottle which should be refilled with fresh water every morning.

Morning Snack: Students should bring a little snack, i.e. sandwich, fruit, yoghurt, veggie sticks with dip.

Breakfast/Lunch: It is recommended to bring food in an insulated lunchbox.

Afternoon Snack: Students remaining at school after 3:30pm for the OSHC or extra-curricular programs should bring a second small snack for consumption prior to the program start.

Responsibilities

Educators will:

- Ensure water is readily available for children to drink in both the indoor and outdoor environment.
- Be aware of children with food allergies, food intolerances and special diets.
- Ensure all children remain seated while eating and drinking.
- Ensure all children are always supervised while eating and drinking.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes.

Creating a positive learning environment

Educators will:

- Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Choose water as a preferred drink
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.
- Not use food as a reward or withhold food from children for disciplinary purposes.
- Embed the importance of healthy eating and physical activity in everyday activities and experiences

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Communicating with families

Educators will:

- Request that details of any food allergies or intolerances or specific dietary requirements be provided to DSM and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.

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DSM Internal Use

Version and Approval

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Next Review:	2 years after last publishing date
Classification:	Student Wellbeing

Related Policies & Documents

Care, Safety and Welfare of Students:

- Arrangements for Ill Students
- Behaviour Management
- Code of Conduct
- On Site Supervision of Students
- Staff Awareness
- Student Welfare
- Welfare Communication