

HAVELOCK SCHOOL BOARD OF TRUSTEES - MARLBOROUGH

Policy Statement: Food & Nutrition ~ 5.42

Rationale

The old saying 'you are what you eat' applies just as much to children as it does to the rest of the family. Children need lots of energy during their school years to help them cope with a lot of physical activity and development, as well as learning. [Team-Up](#) supports the [Mission-On](#) message that regularly consuming healthy food and drinks not only improves your child's overall health but can help their learning and behaviour as well.



The key results of the MoH's *National Children's Nutrition Survey* (2003) of children aged 5–14 showed that while many aspects of children's nutrition are positive, there is considerable room for improvement in children's diets. The survey identified that **one in five children were overweight** and **one in ten were obese**, and as children got older, diets became less healthy.

The survey also highlighted the **importance of the school food and beverage environment** for a number of children. The quality of school-produced food is most critical for children who buy food from or via the school on a regular basis.

It is likely that the dietary patterns of children track into adolescence and adulthood and, therefore, the dietary patterns identified from the 2002 national children's nutrition survey are likely to be present in older adolescents. This evidence is supported by results from the 1997 national nutrition survey (Ministry of Health, 1999) conducted on people 15 years and over. These showed that only two out of five 15- to 18-year-olds met the recommended number of daily vegetable servings and less than two out of five boys aged 15–18 met the recommended number of daily fruit servings per day. Therefore, adolescents are especially likely to benefit from a healthy food and nutrition environment at school.

To this end the National Administration Guidelines were amended to include from 2008, *Each Board of trustees is also required to ... iii) where food and beverages are sold on school premises, make only healthy options available; ...*

Havelock School does not have a canteen but offers a *bought lunch* once-a-week on a Friday pre-order system via local suppliers, one of whom currently provides this service. Furthermore, the school supports and encourages a healthy eating environment and culture and considers that healthy choices about food and drinks can enhance educational outcomes.

Purpose/Goals

- 1 To help young people and parents find accurate information about healthy eating
- 2 To encourage young people and parents to clarify their own ideas about making healthy eating choices
- 3 To help young people develop the skills they need to make responsible decisions about healthy eating
- 4 To help young people and parents understand the factors that influence their food and beverage choices and the possible long-term effects of their choices on their well-being
- 5
 - i) To ensure that only food and drinks that enhance young people's health are promoted and provided within the school context eg no carbonated or energy drinks
 - ii) Food suppliers to work within the *Buyers' Guide*
 - iii) The school acts as a role model and should work with local suppliers to seek alternatives that fall within the *Buyers' Guide*
- 6 To provide an environment that encourages and supports healthy eating eg no promotion of chocolates or sugar foodstuffs

Guidelines/Procedures/Actions

Environment

- 1 All food and beverages provided or served on the premises will reflect the *Buyers' Guide*
- 2 Adults within the school context incl camps etc will model and promote healthy eating choices and practices
- 3 Social events will encourage young people to enjoy sharing and eating healthy food and drinks
- 4 Water will be the preferred drink
- 5 Young people will be encouraged to wash their hands before eating and also to eat sitting down
- 6 The school will participate only in food-related events and initiatives that support healthy eating practices, ie Fruit in Schools, Health Promoting Schools, 5+ A Day and the Healthy Heart Award/School Food Programme
- 7 Only those sponsored resources that promote healthy food and drink options, ie those in the "every day" and "sometimes" categories
- 8 Only those foods and beverages that fit within the "every day" and "sometimes" sections will be provided or sold on site or at school events, ie fairs, fund-raising, sports events etc
- 9 Food and drinks may be given as a reward within the parameters of the **FBCS**

Curriculum

- 1 Food and nutrition education is an integral part of the curriculum
- 2 Teaching and learning about food and nutrition will be based on *Health and Physical Education in the NZ Curriculum*, the MoH's *Food and Beverage Classification System (FBCS) ~ Fuelled4Life*

Conclusion

A community that shows by example that it is committed to providing healthy food options sends a powerful message to its youngsters about the value it places on good diet and its impact in promoting life-long health and well-being. Putting the educational message into practice shows that learning is real and meaningful.

This is Version 2.1 (first drafted in Apr 2008 and updated Sep 2015)

Formally Adopted: Oct 2015

To be Reviewed: 2018/3

Chairperson: _____

Principal: _____

Fuelled4Life - the Food and Beverage Classification System in schools and ECE services

Updated from <http://www.fuelled4life.org.nz/about> 15 May 2015



Managed by the Heart Foundation, Fuelled4life is a collaborative initiative that involves the education, health and food industry sectors working together to make it easier to have healthier food in schools and ECE services. Fuelled4life is the brand name for the Food and Beverage Classification System (FBCS) in schools and ECE services. It was chosen to reflect the importance of healthy eating in the lives of New Zealand

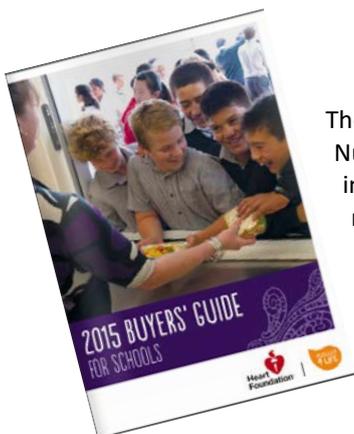
children. Fuelled4life is all about young people getting a good start to life through access to healthier food and beverages. It is designed to inspire schools and ECE services to provide tasty, nutritious products and to encourage the food industry to produce and supply healthier foods and beverages that young people will want to consume. The FBCS was designed specifically for foods and beverages children commonly consume in an education setting. Foods and beverages are classified according to their nutrient profile and the system identifies the healthier options. Foods and beverages are divided into two levels for registration; everyday and sometimes.



Everyday foods and drinks are the healthiest choices. Encourage and promote these foods and drinks.



Sometimes foods and drinks should be consumed in moderation. These foods and drinks should not dominate the choices available.



The Food and Beverage Classification System is based on the Ministry of Health's Food and Nutrition Guidelines, which identify healthy eating for children and young people. For people involved in selecting foods and drinks for catered meals, tuck shops and canteens, vending machines, sponsorship deals, fundraisers and other special events, the FBCS identifies the healthier options.

Click on image to goto 2015 Buyers' Guide