

Food and Nutrition


At Devonport Primary School, we promote a healthy lifestyle to our school community (students, staff, and families/whānau) as part of our commitment to a safe and inclusive school environment. Educating students about nutrition and encouraging healthy active learning contributes to their personal success and wellbeing, and to a healthier community for everyone. We communicate our nutrition messages to the wider school community clearly and consistently in various ways.

Our school follows **food safety** guidelines.

Promoting a healthy food and drink environment

A healthy food and drink environment helps support a young person's wellbeing/hauora, including their immediate physical and mental growth and development. It also helps establish positive behaviours for the future. Good nutrition can positively affect student behaviour, learning, concentration, and energy.

At Devonport Primary School, we:

- ensure that any food or drink provided by/through the school (e.g. in class or sold at school) aligns with national food and nutrition guidelines, such as **Healthy Food and Drink Guidance – Schools** 
- incorporate nutrition education across the curriculum, including the health programme
- encourage staff to model healthy food and drink choices
- provide nutrition messages and food that acknowledges the diversity of our community and considers those with special dietary needs (e.g. allergies and intolerances, and religious, cultural, and ethical food requirements)
- consider our nutrition messages when deciding on food provided by the school (e.g. class rewards and celebrations, student prizes, special events, fundraising activities, and school camp menus)
- actively promote physical activity as the partner of good nutrition
- encourage students taking part in physical activity to drink water for hydration and to refuel with healthy snacks.

Students are required to sit and eat their lunch for ten minutes at the start of lunchtime.

Food Safety

Any food provided by Devonport Primary School is safe to eat. We meet food safety guidelines by:

- following recommended health guidelines for **hand washing**
- following the 3 Cs:
 - **Clean:** preparing food in a hygienic environment
 - **Cook:** ensuring food is cooked properly
 - **Chill:** storing and transporting food appropriately
- taking extra care in hot weather and with high risk foods.

Devonport Primary School may provide food as part of a lesson, as treats, or on special occasions. If schools sell food they may also be required to register as a national programme or to register a food control plan under the Food Act 2014.

Fundraising

If selling food for **fundraising activities**, we follow food and safety guidelines and register under the Food Act if required.

Allergies

Devonport Primary School aims to provide a safe environment for students and staff with allergies by identifying and minimising risk, being prepared, and raising awareness. Allergies are common and can result in a range of reactions from mild to life-threatening. Examples include hay fever, asthma, bee stings, and skin reactions, as well as allergies to specific foods or medicines. We support students with allergies to participate in the same educational and recreational activities as their peers.

Allergy management

Parent/Caregiver responsibilities

Parents/Caregivers play a key role in allergy management by:

- advising the school, at enrolment or any time afterwards, if their child has any known allergies
- providing a management plan and/or supplying and replacing medication as needed
- informing the school of any changes to current management plans
- helping their child to understand and manage their condition as appropriate
- providing **written consent** for teachers or other staff to administer **medication**
- labelling drink bottles and lunch boxes as appropriate.

School responsibilities

At Devonport Primary School, we aim to reduce exposure to allergens and minimise risk by:

- encouraging basic hygiene measures (e.g. hand washing)

- informing students and staff about safe food practices (e.g. not sharing food, utensils, and containers), and encouraging safe disposal of food waste
- restricting the use of food in activities (e.g. crafts, cooking, and science experiments), depending on the allergies of particular students
- reminding parents/caregivers about allergy issues throughout the year as needed
- ensuring staff working closely with a student with a known allergy are prepared to recognise and respond appropriately in the case of a life-threatening reaction
- considering the needs of students with allergies when planning **EOTC** events, including bringing allergy medication, planning for any possible medical help required, and having the appropriate emergency contact numbers.