

NUTRITION

Scope: This policy applies to all staff employed in Catholic schools, colleges, kindergartens and outside school hours care centres conducted by Catholic Education - Diocese of Rockhampton (referred to as Catholic Education in the document).

1. POLICY STATEMENT

All Catholic schools, colleges and services (hereafter referred to as Catholic schools) in the Diocese of Rockhampton are 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. Catholic schools share the responsibility with parents for the health of their children/students.

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

3. IMPLEMENTATION ISSUES

Through their nutrition guidelines and procedures, Catholic schools will:

- Develop nutrition guidelines and procedures that are reflective of the *Dietary Guidelines for Children and Adolescents in Australia*.
- Adopt a school community approach to implementation.
- Contribute to and enhance current curriculum on healthy lifestyle/choice.
- Support professional/personal development for the school and college community including catering staff, teaching staff, students and the parent body.
- Be sensitive and aware of individual dietary needs in terms of medical conditions and cultural differences.
- Be compliant with any legislative requirements related to the hygienic preparation, handling and storage of food.



4. REFLECTION MATERIAL

CATHOLIC EDUCATION POLICIES AND DOCUMENTS

- Diocese of Rockhampton (2004) *An encounter with Christ: [Defining Features of Catholic Schools in the 21st Century](#)*
- Catholic Education Office Diocese of Rockhampton (1999) *Continuing the Journey: Personal Development Education Programme*

WEBSITES

- [Eat for Health](#)

RESOURCES

- Commonwealth of Australia (2003) *Dietary Guidelines for Children and Adolescents in Australia: National Health and Medical Research Council*
- [School Canteens Guidelines](#)
- [Smart Choice – Healthy Food and Drink Supply Strategy for Queensland Schools](#) (website)
- [Smart Choice – Healthy Food and Drink Supply Strategy for Queensland Schools](#) (document)