



Star of the Sea School

OSHC
Nutrition Policy

Open Hearts Open Minds



SCHOOL VISION STATEMENT

Our school is built on the core values of respect, inclusivity, compassion, collaboration and honesty. We support our families as the first and foremost educators of their child's faith development. Our vision paves the way for educating students for the 21st century but also draws from our history and tradition.

We guide our learners to be self-managed, innovative and critical thinkers who have a strong sense of who they are and their relationship in their world. As a learning community, we value the skills necessary to build meaningful relationships and for learners to be connected to each opportunity to develop their own personal growth. We encourage our learners to question, explore and discover so they actively contribute to a more compassionate society.

PURPOSE

At Star of the Sea School OSHC, we believe that every child has the right to a safe, nurturing environment—an essential foundation for their growth, wellbeing, and learning.

We recognise that nutrition plays a vital role in supporting the physical, emotional, and cognitive development of children. Ensuring that children have access to nourishing, balanced meals is central to our care and aligns with our commitment to their overall health and safety.

While the primary responsibility for a child's nutrition lies with families, our service is committed to supporting healthy eating practices by providing guidance, modelling positive behaviours, and creating an environment that encourages nutritious choices.

Our approach is grounded in the Gospel values of justice, compassion, and respect for the dignity and uniqueness of every child. We believe in promoting equity through access to healthy food, and we value each child as an individual with specific needs and cultural backgrounds.

As a Catholic school we operate in a wider community context where legal requirements exist and where they have an obligation to students.

BACKGROUND

High-quality, nutritious food is essential for the healthy growth and development of children. A balanced diet not only supports physical and cognitive development but also helps children establish positive lifelong attitudes and habits around food and eating. Out of School Hours Care (OSHC) services play a key role in promoting healthy eating and offer valuable opportunities to reinforce positive nutritional practices, food hygiene, and safe food handling.

POLICY STATMENT

At Star of the Sea OSHC, we view nutrition as a vital component of a child's overall health and wellbeing. We are committed to supporting the healthy development of all children in our care by:

- Following the Australian Dietary Guidelines, developed by the National Health and Medical Research Council (NHMRC), to guide our food choices and nutritional practices.
- Ensuring compliance with the Australian Food Safety Standards, including the presence of a Food Safety Officer on-site whenever food is prepared.
- Providing a safe and hygienic environment for all food-related activities.

To uphold these standards, all educators and staff are required to:

- Model healthy eating habits and best practices in food handling at all times.
- Successfully complete the approved online Food Safety Training Course.

Through these measures, we aim to foster a supportive environment where children learn the value of healthy nutrition and food safety.

NATIONAL QUALITY STANDARDS

Quality Area 2.1: Children's Health and Safety	
2.1	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures
2.1.3	Healthy lifestyle

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

Children (Education and Care Services) National Law	
Regulation 77	Health, Hygiene and safe food practices
Regulation 78	Food and Beverages

Regulation 79	Service providing Food and Beverages
Regulation 80	Weekly Menu

RELATED POLICIES AND DOCUMENTATION

- Australian Food Safety Standards
- Australian Dietary Guidelines
- Rite Bite Healthy Food and Drinks, for South Australian Schools and Pre-schools

HOW THE POLICY WILL BE IMPLEMENTED

General Guidelines

- Food and beverages will be provided as part of the program in alignment with the *Australian Dietary Guidelines*.
- Nutrition information, service policy, and dietary guidelines will be accessible to all families.
- Meals and snacks will be nutritious, varied, and appropriately portioned to support children's growth and developmental needs.
- Cultural, religious, and health considerations of children and families will be respected in all food and beverage offerings.
- Children will be encouraged to try new foods; however, no child will be forced to eat something they dislike or that conflicts with their personal or family dietary requirements.
- Food will never be used as a form of punishment or reward.
- A weekly menu will be developed and displayed prominently at the service.
- All food will be prepared and stored in accordance with the *Australian Food Safety Standards*.
- Educators will incorporate discussions about healthy eating and nutrition into the program.

SERVICE PROCEDURES

- **Breakfast** is served daily between **7:15am and 8:15am** and includes wholegrain or wholemeal cereal, bread, or similar grain-based options. Milk is also available. The breakfast menu is displayed on the menu board.
- **Vacation Care breakfast** follows the same schedule and offerings as term time.
- **Lunch** is scheduled between **12:30pm and 1:30pm**, depending on program activities.
- During **Vacation Care**, families are required to provide lunch for their children.
- **Afternoon snacks** are offered between **3:30pm and 4:00pm** and include a variety of fruits and vegetables, complemented by additional options such as cheese platters, yoghurt, whole grains (e.g., bread, rice, pasta, crackers), lean meats, fish, legumes, and other protein alternatives. Snack menus are displayed weekly.

ADDITIONAL CONSIDERATIONS

- On special occasions or celebrations, food and beverage options may vary from standard guidelines. Families will be informed in advance.
- Allergies and dietary restrictions will be strictly observed.
- Emphasis is placed on sourcing fresh, locally grown fruits and vegetables where possible.
- Mealtimes are promoted as opportunities for positive social interaction.
- Children will be encouraged to engage in meal preparation and clean-up to support life skills development.

ROLES AND RESPONSIBILITIES

Director

- Ensure a consistent supply of nutritious food and beverages.
- Plan and display a weekly menu.
- Oversee compliance with the *Australian Dietary Guidelines*.
- Provide families with updated information about healthy eating and nutrition.

All Educators

- Ensure constant access to drinking water.
- Be aware of and manage individual food allergies.
- Serve meals and snacks at regular, predictable intervals.
- Provide sufficient quantities of food and beverages at mealtimes.
- Actively engage children in conversations about healthy eating.
- Encourage participation in food preparation and clean-up.
- Model positive and policy-aligned food practices.
- Never use food as a form of reward or punishment.
- Ensure that any child who is hungry has access to food and water.
- Maintain strict hygiene standards during food handling and serving.

Families and Children

- Familiarise themselves with the service's nutrition policy and procedures.
- Notify the service of any existing or new food allergies.
- Comply with any dietary guidelines or allergy-related restrictions, including the *no peanuts* policy due to anaphylaxis risks.
- Provide feedback to support the continuous improvement of the service.

FOOD HANDLING GUIDELINES

- Children involved in food preparation will be closely supervised and taught appropriate hygiene practices.
- Tongs or gloves will be used for serving food.
- All preparation and eating areas, as well as utensils, will be cleaned and sanitised regularly.
- Perishable items will be stored below 5°C in refrigerators, which will be temperature-monitored.
- All food will be stored in sealed, hygienic containers.
- Perishable items in transit will be kept cold in refrigerated transport or insulated bags.
- Cutting boards will be replaced regularly to maintain food safety standards.
- Ongoing professional development in food safety will be provided to staff.

HYGIENE PRACTICES

The service is committed to maintaining a hygienic and healthy environment that supports the wellbeing of all children, families, and staff.

- All individuals will practise appropriate hand hygiene, including:
 - Upon arrival and departure from the service
 - Before preparing or consuming food
 - After toileting, wiping noses, administering first aid, outdoor play, or animal contact
- Staff will model and promote effective hygiene practices to children.
- Toilet and handwashing facilities will include running cold water, soap, and paper towels or hand dryers.
- Soap and paper towels will also be available in food preparation areas.
- Toilets, hand basins, and kitchen areas will be cleaned and disinfected daily.
- Female toilets will be equipped with appropriate feminine hygiene disposal units.

POLICY REVIEW

This policy will be reviewed annually to ensure it remains effective and relevant to the needs of our school community.

ACKNOWLEDGEMENT AND APPROVAL

This policy has been developed in consultation with staff, students, and the broader school community and was approved on _____

REVISION RECORD

Implemented	November 2024
Ratified by School Board	
Last Reviewed	24 th June 2025
Next Review	June 2026