



## Class Party Policy

### Note for reading this policy

*This policy has been written and is intended to be read with reference to the Department for Education "Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools" ("Rite Bite") Policy.*

### **Preamble**

Aldinga Beach recognises the importance of class parties in building a culture of connection, community and celebration of learning. As part of our obligations under Department for Education's mandatory Rite Bite Policy, we are required to limit "Red Food Days" to two a term.

A Red Food Day occurs when the school, its staff or its families provides food from the "red category" for:

- Curriculum activities
- Sporting events
- Camps, excursions
- Homework centres
- Out of school hours care
- Student rewards or behaviour management programs

### **Class Party Foods**

Due to Aldinga Beach B-7 School's commitments to community events such as Twilight, Sports Day and Eat Meet and Greet, among others which count as our allocated Red Food Days class parties must limit the types of food provided to those found in either the 'Amber' or 'Green' categories contained within the Rite Bite Policy.

### **For clarity, the following foods are recommended for class parties and celebrations at Aldinga Beach B-7 School:**

- Fruit and Vegetable Platters
- Water
- Natural Fruit Juices (Beverages containing 99% or more fruit juice)
- Popcorn (select salt and sugar reduced varieties)
- Oven Baked Biscuits and Crackers (select salt and sugar reduced varieties)
- Cheese
- Meat Platters (limit to small amounts of processed meats)
- Healthy home baked/cooked food which limit sugar and salt content
  - Homemade foods must be aware of allergens and labelled with ingredients

### **For further clarity, the following foods are expressly banned for class parties and celebrations at Aldinga Beach B-7 School:**

- Drinks
  - Soft drinks
  - Artificially sweetened soft drinks
  - Sports drinks
  - Flavoured mineral waters
  - Sports waters
  - Fruit drinks
  - Drinks containing caffeine, other than those containing trace amounts.
- Confectionary
- Savoury Snack foods high in salt, sugar and saturated fat
  - Crisps
  - Chips
  - Cookies
  - Biscuits
- Ice Creams
- Cakes and Slices, including birthday cakes
- Pies, pasties, sausage rolls and other like foods
- Fried foods

### **Birthday Celebrations**

Aldinga Beach B-7 School recognises the importance many of our family's place on the celebration of birthdays. In the past, many parents have chosen to send cakes to their student's class to celebrate their child's birthday. This is unfortunately in contravention of the Department for Education's Rite Bite Policy.

Aldinga Beach B-7 School therefore celebrates students' birthdays, where appropriate, by providing a congratulatory certificate to students on, or as close as possible to their birthday.

For those parents who would like to create a sense of celebration in their child's class community, Aldinga Beach B-7 School recommends the following in lieu of birthday cake:

- Foods which align with the recommended foods for class parties, outlined in this document
- Low cost party favours or tokens such as
  - Pencils
  - Bubbles
  - Figurines
  - Stickers