



WEST MORLEY PS P&C – CREATIVE FUNDRAISING TAKES THE CAKE

2020 started as any year for West Morley Primary School and its P&C. Plans were put in place for various fundraising and community events to be held throughout the year. However, Covid-19 emerged, and lockdowns were rolled out, meaning all planning went to the wayside. Our Disco and True Grit Obstacle Course were cancelled, and our Faction Carnival held in Term 3 had to be heavily adjusted to ensure the school community were sticking with Covid-19 restrictions.

Flash forward to the commencement of Term 4, and we finally felt that things were starting to return to normal. Adjustments had to be made for our Art Exhibition – no longer could we have a wine and cheese night with an auction of art works. Instead, parents and community members were invited to view the Artworks after school during Parent/Teacher Interviews on the 17th and 18th of November. The Undercover Area was transformed into an Art Gallery with Art works adorning the walls and hanging from the ceiling. Parents and families

that could not attend had access to an online viewing slideshow, so no one missed out on seeing their children’s work. Artworks were available for purchase and all money raised went to the school’s new Nature Playground scheduled for building in 2021.

The highlight of the event was the inclusion of Miss Milky Way - the “Discover Dairy Picasso Cows Competition” entry by the Year 6 Graduating Class. It was revealed at the final school assembly for the year that Miss Milky Way had won 2020’s Program 2 Gold Award 1st Place!

The Exhibition was a huge success thanks to the hard work from the West Morley P&C, Art Teacher (Mrs Renee Connell), and of course the students who provided beautiful bright and impressive works of art.

**Honor Burrows
P&C President
West Morley Primary
School P&C**



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**P&C DAY WA
23 JULY, 2021**

**WACSSO ANNUAL
CONFERENCE 21 - 22
AUGUST, 2021**

FROM THE PRESIDENT'S PEN

Welcome to 2021!

On behalf of WACSSO State Councillors and Staff welcome to the 2021 school year. All the team at WACSSO, are excited to be embarking on another year in education partnering with you, our affiliates, to bring about great things in our schools. Well done to all the P&Cs who supported their school communities through delayed starts, wearing of masks, and coping with the lingering uncertainty of these times. What is certain is that parents and families remain integral to supporting excellent outcomes for students.

Many P&Cs will, by now, have held their Annual General Meeting for their association. To all members new and returning we are so pleased to have you as a part of a fantastic group of dedicated people who, by working together, strive to improve the school experience for all students. Our 2020 P&C contributions survey again highlighted the massive collective contribution that P&Cs make to WA's public schools, a dollar value of over \$13 million. You are part of a vibrant and thriving network of volunteers.

March 2021 will see Western Australians head to the polls to vote in the State Election. Recognising the importance of strong policy and action around education is considered by all parties, WACSSO again held

its State Election Education Forum. I would like to extend my thanks to our speakers:

- Hon. Sue Ellery MLC
- Hon. Donna Faragher MLC
- Hon. Alison Xamon MLC
- Hon. Peter Rundle MLA

I want to acknowledge the collective voice of our affiliates, and thank you for your feedback. It is your voice that drives the advocacy work of State Council and enables us to present the Education Position Paper. As President I continue to receive positive responses from other education stakeholders who congratulate WACSSO for raising important issues in public education. If you have not yet read the WACSSO WA State Election Position Paper, you can find it under the 'Advocacy' section on the website.

We are so excited to be celebrating WACSSO turning 100 years old in 2021! This remarkable and significant milestone is dedicated not only to the State Councillors and staff who have worked to build WACSSO to what it is today, a dynamic and progressive advocate of parents of students in public schools; the 100 years is also a celebration of the thousands of parents and citizens who over the years have formed committees all with the goal of supporting their schools. We have some great information and promotions



Pania Turner

for the 100 years, culminating in what we hope will be our biggest birthday celebration yet, the 2021 WACSSO Annual Conference - 100 Years of Partnering with PCs in Public Education. Held on 21 - 22 August, I look forward to seeing you there.

In our first edition of the P&C Voice you will find some great information about the Telethon Kids Institute and Constable Care Foundation – Parenting in the Digital Age event (*see page 11*), a save the date for P&C Day on the 23rd July 2021 and good news stories from West Morley PS P&C and Halls Head College P&C. WACSSO are also running electorate elections, seeking suitable candidates from P&Cs to nominate for the position of a WACSSO State Councillor head to page 10 for more information.

Again, welcome to 2021, WACSSO's 100 years of proudly working alongside P&Cs.

Pania Turner
President

MESSAGE FROM THE MINISTER FOR EDUCATION

Over the last year I attended 26 forums across WA with P&Cs and school community leaders, some by Zoom and some face-to-face. During these forums I talked to parents about how they were coping with the changes at school due to COVID-19. In my conversations with parents it was clear to me that the schools with really engaged parents, were the most resilient, so I want to thank you for the contribution you have made in our schools over the last year.

We are just over a week away from the State Election and over the last month we have announced our education promises for a re-elected McGowan Government.

Part of this package includes more than \$100 million to support student wellbeing in our schools. This includes more than 100 additional school psychologists over the next four years, funding to enable every WA government school to purchase chaplaincy services, and an expansion of the Respectful Relationships program to prevent family and domestic violence.

Building on our commitment to deliver an education for the jobs of the 21st century, a re-elected McGowan Government will fund an extensive building and refurbishment program of science labs and STEM centres across State high schools, district high schools and primary schools with over 100 students.

Vocational education and training (VET) in WA schools will also undergo a major \$95 million expansion with a range of new initiatives to ensure every student has a pathway to a good job. This includes educating students about non-university pathways, providing teachers with new professional development opportunities,

supporting vulnerable students and providing more information for parents on these alternative pathways.

If the McGowan Government is re-elected and I am given the Education portfolio again I look forward to continuing the positive relationship with WACSSO.

Sue Ellery
Minister for Education



Sue Ellery

Every day the WACSSO office receives inquiries from P&C members about the running of their P&C Association. The following are just some of the questions asked with answers that may be helpful to your Association.

If there is a question you would like answered that does not appear here, please check the Q&A page of the P&C Constitution website www.wa.gov.au/government/document-collections/covid-safety-plan-and-guidelines or www.newconstitutioneducation/

Q: Do we need to give notice if we want to spend the P&Cs funds?

A: Yes, this is an important change. Rules 24.1 & 24.2 state that motions for approval to expend the P&C's funds (financial motions) must be given in writing to the membership at least 7 days prior (General Meeting) or 48 hours prior (Executive Meeting).

Financial motions can be raised at a P&C meeting and discussed, but the P&C is unable to put them to a vote and approve them at that meeting.

It is likely that this will make a significant change to how your P&C operates.

Q: The Executive Committee is required to make a Solvency Statement to be presented at every AGM. What is this?

A: At the AGM, the Executive Committee will be required to present a solvency statement, in respect of the Association and endorsed by the Executive Committee stating that the financial statement has been examined and whether or not in their opinion the P&C will be able to meet the Association's debts and liabilities as and when they become due and payable (Rule 17.10.3).

A template for this statement can be found in the resources section of the WACSSO website.

P&C COVID-19 SAFETY PLAN INFORMATION

- School canteens are currently exempt from the requirement to have a COVID safety plan – meaning a P&C canteen is not required to have a contact register.
- P&Cs are currently required to have a COVID safe plan for fundraisers or events and therefore are required to have a contact register available for attendees. When events are held at the school, P&Cs should work with the school Principal to ensure the COVID safety plan is acceptable.
- P&C uniform shops do not require a contact register if they are operating on a school site during school hours.

The SafeWA App can be used by businesses with ABNs. The information collected is for Department of Health use only and would not be available to the P&C if they needed it at a later date. It is also deleted after a period of time. If P&Cs would like to maintain a contact register, it is suggested they use a manual register.

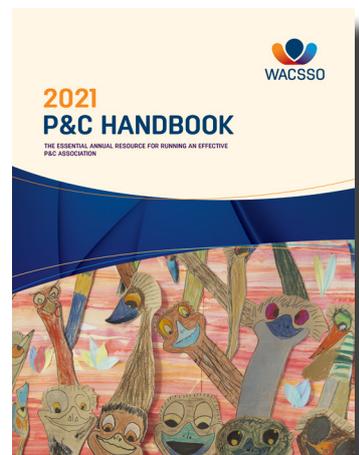
For more information visit: www.wa.gov.au/government/document-collections/covid-safety-plan-and-guidelines

2021 P&C HANDBOOK

This go-to-guide has been mailed to P&Cs and should be arriving in the next couple of weeks.

Please contact the WACSSO office if your Association does not receive the handbook.

A digital copy of the 2021 P&C Handbook is available on the WACSSO website under 'P&C Guides' in the resources section.



THE P&C VOICE HAS GONE GREEN

Aligning with WACSSO's goal to reduce our waste and carbon footprint, the P&C Voice is now made from 100% recycled paper, printed with vegetable ink and delivered in biodegradable packaging.

Also, the Term 2 P&C Voice will be available in printed and electronic magazine formats as we trial new environmentally friendly publications moving into the future.



RECYCLED CONTENT

Good News Stories!

HALLS HEAD COLLEGE P&C – THE CANTEEN IS COOKING UP WELLBEING

At Halls Head College we take our students and staff wellbeing seriously, and it is with grateful hearts that everyone here would like to acknowledge and salute all three members of our canteen staff, from left to right Kath Sutton, Lyndall Pearce and Elva Dempsey for the enormous effort they have made to making our college canteen one of the main wellbeing hubs within the college. Every person who walks into the canteen is greeted with a smile, a vibrant energy and exceptional customer service.

Together our canteen team have thought outside the box, and made an extraordinary effort in building healthy, fun filled relationships with everyone who walks through their doors. One of the initiatives included providing cups of coffee to boost staff moral during the uncharted terrain of covid-19. They also jumped on board to acknowledge and celebrate all staff as part of World Teacher's Day, where our canteen manager Lyndall Pearce applied for and received the support from Bunnings to provide little terracotta plant pots, that were donated to our student leaders who planted living plants in them, attaching a lovely message, before every member of staff here at Halls Head College received an acknowledgement.

I would also like to acknowledge Lyndall for her support to our feeder primary schools P&C Associations, some of whom experienced tough times with their canteen business units, during covid-19 restrictions. Lyndall was only too happy to offer some extremely useful advice in an effort to assist, and I know that office bearers were extremely grateful for her expertise.

Through share hard work determination of continual efforts to raise the bar during an extremely tough 2020 with all the covid-19 restrictions, the P&C Association were able to donate in excess of \$82,000 to varying projects throughout the college, absolutely fantastic given that we had to close our doors to students during term two. **Jane Nikora, Halls Head College P&C**



Halls Head College Canteen employees Kath Sutton, Lyndall Pearce and Elva Dempsey.

BLOW YOUR TRUMPET AND WIN!



WACSSO and MSP Photography WA are inviting P&Cs to be a part of the P&C Voice by promoting the successes and achievements of P&Cs and the school communities no matter how large or small. WACSSO is pleased to announce that MSP Photography WA will continue to sponsor this initiative for the fifth year running.

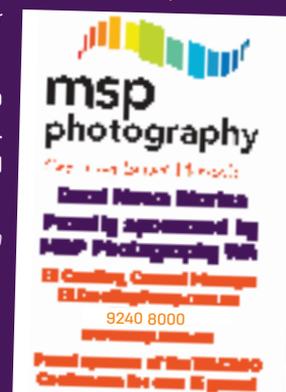
Stories will be featured in future editions of P&C Voice and includes recognition at the 2021 WACSSO Conference being held on the weekend of 21st and 22nd August. All submissions received before August 2021 will be entered into the draw to win one of five cash prize draws at the 2021 conference. A P&C

delegate will need to be present to collect their P&C's prize.

The article could be as little as a few paragraphs or up to 300 words and can include approved photographs. Please email article in word and photographs in jpeg to:

Jody Quinn, Affiliate Services Officer at: affiliates@wacssso.wa.edu.au,

WIN!



WACSSO 2021 EDUCATION FORUM

On Wednesday the 17th of February 2021, at the 2021 WACSSO Election Forum, we saw education spokespeople from the Western Australian Labor, Liberal, Greens and Nationals take to the stage to discuss essential issues in WA public education and highlight their party's vision for the future. It was great to see parents and carers from throughout the State attended in person and via the Facebook live stream. We also had several education stakeholders attending the event as VIP guests.

The panellists received a copy of the WACSSO 2021 State Election Position Paper leading up to the event regarding issues highlighted by parents and carers in WA. The document helped inform conversation throughout the night. Affiliates can find a copy of the position paper on the WACSSO website.

P&Cs were encouraged to send through questions to be addressed by panellists during the event. Thank you to Westminster Schools P&C, Rosalie Primary School P&C, Mayland Peninsula Primary P&C, John Curtin College of the Arts P&C, Sorrento Primary P&C, Glencoe Primary School P&C, Champion Bay SHS P&C, Bayswater Primary School P&C, Munglinup Primary School P&C and Beaconsfield Primary School P&C for submitting questions.

The Education Forum started with a beautiful Welcome to Country from Vaughn McGuire. Vaughn explained the relationship between education and the power of storytelling, sharing the diversity of knowledge and how it takes shape in different forms. He also emphasised the importance of passing on education to future generations. WACSSO would like to thank Vaughn for his contributions to the Election Forum.

Event MC Andrea Burns then invited panellists to introduce themselves and their party's policies and vision relating to public education.

The Minister for Education and Labor representative, Hon Sue Ellery MLC took to the stage. Some of the main points highlighted by Minister Ellery were the Labor Party's additional \$355 million to school infrastructure, increasing future career pathways for students by adding an extra 9000 VET course positions, and addressing student wellbeing through increasing the number of school psychologists.

Shadow Minister for Education and Liberal representative, Hon Donna Faragher MLC emphasised the critical early years of a child's education. Her party aims to facilitate a "best start to life" approach with a \$50 million commitment to programs and services such as early identification of learning difficulties, extra child and parent centres and more. Mrs Faragher also highlighted her party's other plans to increase school psychologist and chaplaincy services and offer additional school infrastructure funding.





Greens education spokesperson, Hon Alison Xamon MLC had a strong focus on student mental health and wellbeing. Ms Xamon spoke of the importance of providing young people with access to mental health and wellbeing support at school. Ms Xamon also suggested that schools did not have adequate resourcing to support the National Disability Insurance Scheme (NDIS), acknowledging her party's future support to this area. As COVID-19 came into the debate, Ms Xamon inferred that the vulnerability of many schools capacity to provided remote learning was apparent, suggesting schools needed further ICT resourcing to address the issue.

Nationals education spokesperson, Hon Peter Rundle MLA spoke on his party's focus on ensuring that students from regional schools receive equitable education outcomes. Mr Rundle discussed the WA Nationals recent commitment to support regional parent associations through \$10 million in funding, offering dollar-for-dollar assistance of up to \$5000 for each association. He discussed the lack of swimming competency in many regional areas and how his party plans to support initiatives to increase swimming programs participation levels. Mr Rundle also spoke on ICT, School Bus Services and access to Kindy programs in regional areas.



The Education Forum proceeded into question time, with questions about supporting school clubs; sustainability in schools; onsite school care facilities; school maintenance; student mental health and wellbeing; and NAPLAN. Panellists answered each question, highlighting their party's plans and commitments to address these issues.

The 2021 WACSSO State Election Education Forum showed how passionate parents, carers, political education spokespeople and education stakeholders are about public education, suggesting a promising future for government schools in our State.

You can view the full Education Forum recording under 'Videos' on WACSSO's Facebook page.

Discover New STEAM Incursions

Are you looking for Fun Action packed Incursions With Great Learning outcomes? Check out:

- Billy Cart Incursions**
- Mini - Rocket Cars**
- Air Rocket Experiences**

Please click the 'ad' for a link Or Please email bookings@edgyx.com.au

EDGYX

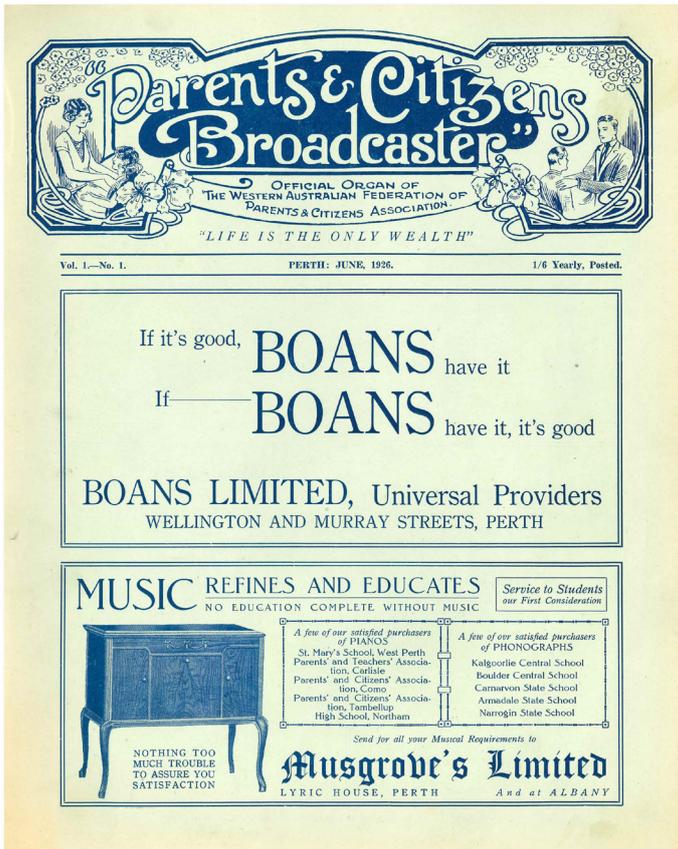
The advertisement features a young child wearing a red and white rocket helmet, smiling. The background is a metallic, riveted surface. The text is overlaid on the image in various colors and fonts.

CELEBRATING WACSSO'S 100TH YEAR

This year marks a significant milestone in our history. We have always acknowledged that we exist because of parents and carers' passion and willingness to provide a strong voice to ensure young people have access to an excellent public education. For this reason, we see our 100th year as both a milestone for WACSSO and parents in Western Australia. We encourage all WACSSO affiliates to celebrate this achievement and join in with all we have planned in 2021.

A significant event for our 100-year celebration will occur at this year's Annual Conference. This conference will be special, with a cake-cutting celebration, a special themed event and 100-year memorabilia. The theme for this year is "Partnering with parents to advance public education since 1921." This theme emphasises the fundamental aims of WACSSO. We believe that as we celebrate our 100th birthday, reflecting on the past and looking forward to the future, it is essential to acknowledge the mission at the heart of WACSSO and P&Cs throughout the State. Keep an eye on the WACSSO website and socials as we announce more details leading up to the event.

From everyone at WACSSO, we would like to thank parents and carers, the Department of Education, public schools in WA and education stakeholders for supporting us for 100 years. We look forward to celebrating with you throughout 2021!



Front cover of the first edition of the Parents & Citizens Broadcaster from 1926

WHAT ELSE HAPPENED IN 1921?

- Albert Einstein received the Nobel Prize for Physics
- The population of the world was approximately 1.9 billion
- The Royal Australian Air Force was established
- Edith Cowan became the first female parliamentarian in Australia
- Richmond win the 1921 VFL Premiership
- Billy Hughes was the Australian Prime Minister



WACSSO Life Members, David Forrester and Betty Green cutting the cake for WACSSO's 75th Birthday

WACSSO'S FIRST 25 YEARS

During the first 25 years of WACSSO (1921 - 1946), P&Cs and public education in Western Australia looked significantly different from how it does today. However, looking back at this time, it is evident that some broader issues are still relevant today.

HOW P&CS RAISED FUNDS & WHAT THEY WERE SPENT ON:

- In 1926 the Bencubbin Primary School sourced income from a vegetable plot with a crop of lettuces. The funds were spent on gramophone records and needles for the 29 children at the school.
- In 1927 the Headmaster of Rosebrook School, with the aid of residents in the area, started a fund to purchase a piano for the school (a common resource provided by parents in this period). This inspired the creation of the school's P&C, which had the piano listed as an association asset.

PROMINENT EDUCATION ISSUES DURING THIS TIME:

- At the 1927 Annual Conference, a discussion about the underage consumption of alcohol occurred. The need for children to be educated on the risks associated with alcohol consumption was highlighted, leading to future advocacy surrounding this issue.
- The restricted size of school grounds was a prominent issue for parents during this period. In 1927 an article in the *Parents and Citizens Broadcaster* (now known as the P&C Voice) calculated that there was only an average of 4-square-feet of space per student. The Federation of Parents and Citizens Associations (now known as WACSSO) continued to strongly advocate for larger school grounds to the Department of Education.

WACSSO Presidents 1921 - 2021

R.H. Hall	1921-1922
A.W. Richardson	1922
H.H. Truman	1922
H.J. Kicke	1922
T.E. Ford	1922-1927
A.W. Richardson	1927-1933
M. Holman MLA	1933-1939
E. Hooten	1939-1944
F. Gillett	1944-1945
C.A. Cornish	1945-1948
C.H. Young (died in office)	1949-1950
C.A. Cornish	1950-1951
J.W. Bridge	1951-1958
V.E. Leggatt	1958-1960
E.O. Lange	1960-1963
C.F. Gladwin-Grove	1963-1964
P.H. Harrison	1964-1966
H.P. Jensen	1966-1972
C.R. Bridge	1972-1979
E.B. Bingley	1979-1981
V.D. Gronow	1981-1987
D.A. Forrester	1987-1991
A. Spencer	1991-1995
D. Guise	1995-1999
S. Norrish	1999-2003
R. Fry	2003-2011
K. Catto	2011-2019
P. Turner	2019-

WACSSO FOUNDER ETTIE HOOTEN

Counting down to our 100th birthday in 2021, this is how it all started, with founder Harriet (Ettie) Hooten.

- Ettie Hooten was elected into the Federation of Parents and Citizens Associations in 1921 and served as a strong figure within the organisation until 1954 (33 years).
- During World War 2 from 1939 - 1944, she was President of the Federation; after this period she resumed her role as Secretary.
- Ettie Hooten was a strong advocate for social justice, being involved with several other organisations, including the Australian Native Association, Women's Service Guild and Australian Labor Federation.
- Ms Hooten was the publisher of the *Parents and Citizens Broadcaster* from 1939 - 1954.

Ettie Hooten was undoubtedly an extraordinary person.



BECOME A STATE COUNCILLOR

WHY BECOME A WACSSO STATE COUNCILLOR?

- Enables you to provide a strong voice for parents in public education.
- The opportunity to connect with politicians, public education stakeholders and change-makers.
- You get to hear the experiences of parents throughout the State.
- Be kept up-to-date with important issues in public education in Western Australia.
- You get to be a part of the extraordinary and passionate WACSSO team!

ENCOURAGEMENT FROM CURRENT STATE COUNCILLORS

- *"You will never know how much knowledge there is to gain from being a Councillor until you step into the role."* **Vivienne Cantem**
State Councillor for Peel South
- *"The most rewarding part is helping P&Cs find their voice about issues in public education they feel are important to their school community. More often than not, others share their views and that helps start to a wider conversation to bring about change."*
Anne Fairbanks
State Councillor for Perth South
- *"As a State Councillor I enjoy being around the table with like-minded people who respectively share, discuss all things Education."*
Leanne Ruston
State Councillor for North West



State Councillors: Leanne Ruston and Paula Steenson

UPCOMING STATE COUNCILLOR ELECTIONS

Term Elections:

Canning East - Canning West - Fremantle - Joondalup East - Peel South - Warren-Blackwood - Wheatbelt North - Wheatbelt South.

By-Elections:

Great Southern - South West - Swan East - Swan West.

The Nomination Form and Becoming a State Councillor information sheet have been mailed to the above electorates. All material relevant to the elections can be downloaded from the WACSSO website at: www.wacssso.wa.edu.au/about/our-state-council/becoming-a-state-councillor/.

Candidates must complete and return the nomination form with relevant information by **12 noon 2 April 2021**.

WACSSO State Councillors

PRESIDENT:	Pania Turner 0477 644 000
ELECTORATE:	COUNCILLOR:
CANNING - East	Scott Mosey 0401 637 716
CANNING - North	Jaxson Gazeley 0487 701 822
Canning - West	Mel Eckford 0439 921 359
FREMANTLE	Nominations Required
GOLDFIELDS- ESPERANCE	Esmond Delaney 0409 370 016
GREAT SOUTHERN	Nominations Required
JOONDALUP - East	Rob Fairholme 0435 779 801
JOONDALUP - West	Tony Osborne 0419 925 701
MIDWEST	Paula Steenson 0409 076 476
NORTH WEST	Leanne Ruston 0407 477 283
PEEL - North	Dannielle Crawford 0407 717 555
PEEL - South	Vivienne Cantem 0447 297 156
PERTH - North	Jenny Blair 0488 990 729
PERTH - South	Anne Fairbanks 0411 256 079
SOUTH WEST	Nominations Required
SWAN - East	Nominations Required
SWAN - West	Nominations Required
WARREN - BLACKWOOD	Nominations Required
WHEATBELT NORTH	Tanya Gibson 0427 976 880
WHEATBELT SOUTH	Roy McKenzie 0479 168 702

Contact the WACSSO office on (08) 9264 4000 if your P&C would like to nominate someone to represent a vacant electorate or if you would like further information on the roles and responsibilities of a State Councillor.

Parenting in the digital age



Being a parent in the 21st Century can present some challenges, so it is important to use all the tools, tactics, and techniques available to navigate this constantly shifting world. Luckily, technology is on your side!

The 'Parenting in the Digital Age' seminar will introduce you to a range of resources, from VR technology to cyber safety apps, all of which will assist in your parenting journey, leaving you confident and equipped with a digital parenting toolset.



This **free** event will feature several approximately 30-minute presentations/workshops from Telethon Kids Institute and Constable Care Foundation. These will be broken up into primary and secondary school streams, so you can choose the presentations/workshops most relevant to you. Further information on each of the streams can be accessed in the Registration link below.

We look forward to seeing you there. Catch you in the oculus rift!

- Date:** Tuesday, 23rd March 2021
- Time:** 5:30pm Welcome and Light refreshments
6:00pm - 8:30pm Presentations/workshops
- Location:** Telethon Kids Institute at Perth Children's Hospital
15 Hospital Avenue, Nedlands
or Online
- Registration:** <https://www.eventbrite.com/e/parenting-in-the-digital-age-ticket-140949063443>
- RSVP by:** Friday, 19th March 2021

In partnership with:



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EVENTS
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WASCA: FAQs about Drinks in the School Canteen



Food and nutrition can be confusing, there are so many products to choose from and so many recipes available. We understand that operating a school canteen often prompts a number of questions from parents/carers about the food and drinks on offer.

At WASCA, we often receive questions about the availability and colour coding of drinks. We have developed a list of frequently asked questions about drinks and how best to answer them at school. All answers are based on credible evidence and align with the Department of Education's Healthy Food and Drink policy.

Q. Why is full fat plain milk amber and reduced fat plain milk green?

A. Milk is a significant source of protein and calcium. Protein has a number of important functions including growth and cell repair. Calcium is important for strong bones and teeth, especially for children and young people. The Australian Dietary Guidelines recommend reduced-fat varieties of dairy foods for children two years of age and older. Reduced-fat plain milk drinks contain more calcium and far less saturated fat. Saturated fat contributes to our risk of cardiovascular disease. Therefore, reduced fat plain milk is categorised as green to encourage their consumption above full fat dairy drinks which are as categorised as amber.

Q. Why are flavoured reduced fat milks green and not amber or red?

A. Although flavoured milk contains added sugar, it still contains the same beneficial nutrients present in plain milk. This includes calcium, for strong bones and teeth. While flavoured milk does contain more sugar than plain milk we know children and young people do not get enough calcium*. Encouraging milk consumption, even via flavoured milk, is therefore important. For flavoured milks to be classified as green they must be 375mL or less and be made with reduced fat milk. Serves larger than 375mL and less than 600mL are amber.

* Australian Health Survey, 2011-13.

Q. Why is fruit juice amber?

A. Fruit juice is amber providing the serve size is 250mL or less and contains 99% fruit juice (no added sugar). Fruit juice does contain some valuable nutrients but if you've made juice before you'll be aware that it calls for many pieces of fruit to

generate a small amount of juice e.g. eight oranges for a single glass of juice! Juicing also removes the fibre meaning it won't keep you full for long. The amount of fruit required to produce a small volume of juice means that it is a significant source of sugar. Too much sugar can lead to obesity and tooth decay. Fresh, canned (in natural juice) and frozen fruits are all categorised as green, they are healthier alternatives that should be promoted ahead of juice (amber).

Q. What is the best drink?

A. Water and plain reduced fat milk are the best choices for children and young people.

Q. Is sparkling/carbonated juice ok to sell in the canteen?

A. Providing the sparkling/carbonated juice is made with 99% fruit juice and 250mL or less, it is ok to sell

Green - fill the menu

- Plain water
- Plain mineral water (sparkling)
- Plain reduced fat milk, small and large serves
- Flavoured reduced fat milk (375mL or less)



Amber - select carefully

- Plain full fat milk
- Flavoured full fat milk (375mL or less)
- Flavoured reduced fat milk (375mL - 600mL)
- 99% juice, no added sugar (250mL or less)



Red - off the menu

- Sugary drinks e.g. soft drinks, including artificial sweetened
- Energy drinks and sports drinks
- Flavoured water
- Flavoured milks (more than 600mL)
- Fruit juice (more than 250mL) and/or with added sugar



Department of Health
Department of Education

GOVERNMENT OF WESTERN AUSTRALIA

SCHOOL CANTEEN ASSOCIATION INC.

Contact us:
E: wasca@education.wa.edu.au
P: 08 9264 4999
W: waschoolcanteens.org.au

in the canteen; it is categorised as amber.

Q. Why are sugary drinks including soft drink and energy drinks categorised as red?

A. Sugary drinks contain energy and sugar and no nutrients like vitamins and minerals; consuming too many sugary drinks can be harmful to your health.

For more information please contact WASCA on 9264 4999 or via email wasca@education.wa.edu.au.