



Issued 2003
Revised 2009, 2014
Review 2019

SACRED HEART PRIMARY SCHOOL HEALTHY FOOD AND DRINK CHOICES POLICY

Rationale

The human person, though made of body and soul, is a unity... The human body shares in the dignity of the image of God: it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit.

‘Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue’ (Mandate, para 6). Students in Catholic schools are educated to understand that they are physical/spiritual beings in relationship with God. Catholic schools encourage students to make responsible choices for their lives including healthy food choices.

Catholic schools have a legislative responsibility to provide appropriate levels of care to students in the education environment.

Principles

- A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents and the broader community about the value placed on human life
- It is important that parents, staff members and students work together to support a whole school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle
- Nutritional food at affordable prices is the main focus when providing food to students in school communities
- Healthy canteen and vending machine choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that may extend into the wider family and community
- The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices
- School communities and others supplying food in schools comply with the Catholic Education Commission of Western Australia policy statement 2-C14 ‘Occupational Safety and Health in Schools’ in order to provide safe handling, preparation and serving of food
- Schools communities express their culture and traditions through events of significance which may include traditional and celebratory food choices

Procedures

DISTRIBUTION OF THE POLICY DOCUMENT

A current copy of this policy and supporting documents will be on permanent display in the school canteen.

GIFTS/CONCESSIONS

All discounts, allowances, complimentary articles, gifts, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the School and be distributed to the area of priority needs.

CANTEEN MANAGER

Shall be given a job description by the school principal and will be employed under the School Employees Award.

CANTEEN MANAGER DUTIES

Shall report on canteen activities to the school principal who in turn reports to the School Board.

Shall be responsible

- a) To the principal for the efficient management of the canteen
- b) For immediately reporting to the principal any equipment malfunction or safety issue that arises
- c) For reporting to the principal immediately, any injury that has been incurred by personnel within the canteen or outside the canteen when related to products sold by the canteen
- d) For making appropriate price changes as they become necessary. These changes need to be ratified by the principal at their next meeting
- e) For purchasing and selling foods in line with the aims of this policy
- f) For the introduction of any new food item, to be ratified by the principal
- g) Completing a stocktake at the end of the school year.

TRADING HOURS

The school principal in conjunction with the School Board, shall decide opening times and at which times particular lines will be sold.

OCCUPATIONAL HEALTH AND SAFETY

The school shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used correctly.

The canteen manager shall report to the principal any structural defects within the canteen.

The canteen will comply with the current occupational Health and Safety regulations.

INSURANCE

Workers compensation insurance policy shall cover all paid employees.

Volunteer workers to be covered by an appropriate policy held by the School Board through the Catholic Education Office.

HYGIENE

Appropriate hygiene legislation will be on permanent display in the school canteen together with H.A.C.C.P; FOODSAFE and FOODSAFE PLUS

The canteen will comply with the current food hygiene legislation. As such the Canteen is unable to reheat any food that has been brought from home.

VOLUNTARY WORKERS

New volunteers shall be given an orientation program covering hygiene, duties and insurance

On roster day, each volunteer worker

- will be supplied with a clean apron and disposable hat.
- shall sign the canteen attendance book (for insurance purposes)
- will work as part of a team under canteen managers instructions
- will be provided free, one sandwich or roll, tea/coffee

MONIES

Monies will be counted daily, coins bagged and prepared for banking within 24 hours.

Monies to be banked by canteen manager after closing time.

Minimum float/coinage to be kept in canteen for daily running.

All accounts and creditors invoices to be paid by school treasurer.

NUTRITION

At Sacred Heart School, we promote good healthy eating habits consistent with the Dietary Guidelines for Children and Adolescents.

The dietary guidelines were developed in 1995 and apply to healthy children and adolescents between birth and 18 years. The guidelines are listed in priority order, starting with the most important.

1. Children need appropriate food and physical activity to grow and develop normally. Growth should be checked regularly.
2. Enjoy a wide variety of nutritious foods.
3. Eat plenty of breads, cereals, vegetables (including legumes) and fruits.
4. Low fat diets are not suitable for young children. For older children a diet low in fat, and in particular saturated fat, is appropriate.
5. Encourage the use of water as a drink. Alcohol is **not** recommended for children.
6. Eat only a moderate amount of sugars and foods containing added sugars.
7. Choose low salt foods
8. Eat calcium enriched foods
9. Eat foods containing iron .

The following food groups are essential for health and well bring

- Breads, cereals, rice, pasta & noodles 7 serves
- Vegetables and legumes 5 serves
- Fruit 2 serves
- Meat, fish, poultry, eggs, nuts & legumes 2 serves
- Milk, cheese and yoghurt 2 serves

Our menu will follow the A.D.G and the 5 food groups. We will also provide and promote Star Choice foods where available. Any food that is registered green is allowed every day, amber once or twice per week and red not allowed at all.

There will be a Summer and Winter menu which will consist of:

Breads & Rolls	Sandwiches, Rolls (Hi fibre) & Lebanese bread
Fillings	Lite Ham, Tuna, Chicken, Egg, Cheese
Salad	Tomato, lettuce, carrot, cucumber, beetroot
Plates	Meat, salad & fruit plates
Fruit	Seasonal fruit
Condiments	Tomato Sauce, free mayonnaise, mustard pickle
Hot foods	Daily hot food will be available refer to the menu Larger variety available on winter menu
Drinks	100% juices, plain milk, flavoured milk, juice boxes & water
Recess only	Pikelets, pizza cheezies, jelly/fruit cups, yogo, fruit muffins, soup, milo (winter menu)
Lunch time	Jelly/fruit cups, yogo, yogurt, custard, vege chips

We endeavour to provide low fat, low salt products and no deep fried foods.

Pies and Sausage Rolls: we have limited this pastry food to only one day a week.

NUT FREE

Due to various allergies and problems some children may have with nut intolerance we do not provide peanut butter or known associated nut products.

We also ask that parents, in particular pre-primary parents, to encourage their children NOT TO SHARE OR SWAP THEIR SNACKS & LUNCHESES that you have been provided from home.

CURRICULUM

During the school calendar year, there are various events and classroom activities such as Lent, Good Friday, and Easter, Sacred Heart Day, Fruit n Veg week, Heart Week, Sports carnival etc. At Sacred Heart we try to incorporate our menu ideas into the classroom curriculum so we are all working together to promote healthy eating habits from the very beginning of their school life.

PROMOTIONS AND MARKETING

According to the school calendar, we promote and encourage Fruit n Veg week, Heart Awareness Week etc.

Posters relating to the above events are made available to the canteen. We will also make-up flyers and SPECIAL MEAL DEALS for the various promotional week, this would include a particular Hot Food Item, Yogurt/Fruit etc and a drink.

These will be put up around the school on the various notice boards. It will also be mentioned in the weekly school newsletter as well as special order forms going home to each child well in advance of the specific week in question.

