



# SACRED HEART CATHOLIC SCHOOL HEALTHY FOOD AND DRINK POLICY

Originally Released 2011  
Revised 2014  
Due for Review 2017

## 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.

## DEFINITIONS

Nil

## SCOPE

This policy applies to Sacred Heart Catholic School.

## 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.
- When providing food and drink at school staff are always mindful or providing alternatives suitable for students with anaphylaxis and other food allergies.
- Nutritional food at affordable prices is the main focus when providing food to students in the school community.
- Healthy parent run tuck-shop choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that can extend into the wider family and community.

- The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.
- The school community expresses its culture and traditions through events of significance which may include traditional and celebratory food choices.

## **PROCEDURES**

- Sacred Heart School, in consultation with the school community, including staff, volunteers and other interested members of the school community, shall develop a culturally inclusive school based 'Healthy Food and Drink Choices' policy which references the Anaphylaxis Management Guidelines for Schools
- The Sacred Heart School volunteer tuck-shop shall promote a wide range of healthy and nutritious food and drinks and follow the minimum standard required to ensure that menus follow the 60% 'green' and 40% 'amber' food and drinks, according to the traffic light system in Appendix C of the Department of Education and Training Healthy Food and Drink Policy.
- All food and drink choices shall promote a wide range of healthy and nutritious food and drink.
- Parents will make decisions about all food purchases through the volunteer tuck shop, in consultation with the Principal.

## **REFERENCES**

<sup>1</sup>Catechism of the Catholic Church, page 364

<sup>2</sup>The Department of Education and Training 'Healthy Food and Drink Policy', Appendix C

<sup>3</sup>Western Australian School Canteen Association 'The Star Choice Buyers' Guide' available at [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)

## **RELATED DOCUMENTS**

Catholic Education Commission of Western Australia Policy statement 2-C6 'Occupational Safety and Health in Schools'

The Australian Guide to Healthy Eating and the National Dietary Guidelines for Children and Adolescents in Australia (2003) shall be considered conjointly with this policy statement.