



Mission Statement:

The Sacred Heart is a Community committed to the education of its pupils in a Catholic Christian ethos, where each person is invited to serve God and others in faith, hope and love.

Aims:

To foster spiritual growth in Christian faith and values
To value, enjoy and appreciate learning
To work for excellence
To further curiosity and creativity
To aspire to high ideals
To stimulate generous service of others

Food & Drink Policy

Aims

To encourage pupils to eat sensibly. (Every Child Matters – Be healthy)
To promote physical fitness through drinking enough water
The School aims to provide a selection of healthy food, both hot and cold.

Lower School

Actions:

- Pupils eat a school lunch (the kitchen can cater for pupils who have serious allergies.)
- The kitchen follows 'Healthy Eating' guidelines. Pupils are encouraged to try foods.
- There are vegetables and salad available and pupils are urged to eat them as well as proteins and carbohydrates.
- Staff will speak to parents if they have any concerns about a child's diet and eating habits.
- Children are encouraged to eat and to finish what is on their plate.
- Pupils bring a mug to school to keep in the classroom and have free access to water.
- Snacks – pupils are only allowed to bring in fruit or vegetables for a snack at break.
- Birthdays and other celebrations: - due to increasing number of food allergies staff will carefully regulate food that has not come from school premises.
- Cookery sessions: Pupils often cook as part of the curriculum and may consume such food for lunch or as a snack. Special care is taken over allergies.

Staff are trained in Health and Hygiene so that cooking may take place as part of the curriculum.

Senior Department

- Parents must give full medical information. Food provided by the School is closely monitored and where possible an alternative is offered
- Any cultural / religious needs are catered for
- Pupils are encouraged to drink water and carry a (plastic) water bottle around school.
- All pupils eat a school lunch
- Pupils are encouraged to eat properly and parents are informed if we have concerns about a pupil.
- Pupils are allowed to bring in a snack for break-time – not crisps - and should be encouraged to eat healthily
- Birthdays, Christmas parties and other celebrations – pupils may bring in a cake or sweets but all pupils need to be reminded about other pupils with nut allergies.

Monitoring & review

This will be reviewed by Staff in both departments.

(Prepared September 2008 SG; August 2010 Sr F; January 2011, Oct 2011SG; Review date:Sept.2013)