



# Sacred Heart School

Service Before Self

## 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, appreciate and enjoy learning
- To work for excellence
- To further curiosity and creativity
- To aspire to high ideals

**Health & Safety**

## 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 bottle of water to school to keep in the classroom and have free access to water.
- Little Pedlars have their own cup and a jug of water is available at all times.
- 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 in Foundation and KS1 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 there are 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 pupils with nut allergies.

### Allergens

As from December 2014 the fourteen allergens identified by the Foods Standards Agency have to be clearly marked for each dish served. (See appendix 1) The cook marks a chart every day for every dish served which is displayed in the Dining Room.

As from June 2015 parents will be asked to inform the school of pupils' allergies on their health forms. Interim letters were sent out to parents in December 2014.

## Monitoring & review

This will be reviewed by Staff in both departments.

Prepared 2008: Oct 2011: Sept 2013 SG; Jan 2014 MH; Feb 2016, Sr F; Review Feb 2017

Appendix 1

## Which foods can cause allergy?

- In Europe, food allergens are monitored and assessed by clinical and scientific experts through the European Food Safety Authority (EFSA). They advise on which foods need to be labelled on pre-packed foods.
- Annex II of the EU Food Information for Consumers Regulation No.1169/2011 lists 14 food allergens that must always be labelled in pre-packed and non-prepacked foods.

### Foods that need to be labelled on all dishes are:

Cereals containing gluten, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats

Crustaceans for example prawns, crabs, lobster, crayfish

Eggs

Fish

Peanuts

Soybeans

Milk

Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts

Celery (including celeriac)

Mustard

Sesame

Sulphur dioxide/sulphites, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit

Lupin which includes lupin seeds and flour and can be found in types of bread pastries and pasta

Molluscs like clams, mussels, whelks, oysters, snails and squid