HEALTHY AND SAFE FOOD POLICY

INTRODUCTION

St Joseph’s School is a place of learning. As such, staff and students have the right to safe and healthy foods in order to maintain their ability to function efficiently in the school and community.

RATIONALE

MISSION STATEMENT

“St Joseph’s School offers a holistic education within a Catholic Christian ethos whilst developing and valuing the uniqueness of the individual as we encourage each student to become a life long learner.”

The mission statement of St Joseph’s School stresses a holistic education, a goal that can only be provided through proper maintenance of health. It also stresses education within a Catholic Christian environment, which implies that there is a need for a safe and healthy place for learning. “Valuing the uniqueness of the individual” means that the issues of health and safety are significant to all students and workers at the school. Through our mission of teaching children to be lifelong learners, an awareness of healthy eating issues assists in their ability to be a lifelong learner.

GOSPEL VALUES

Respect, personal dignity, individual worth, freedom, integrity, trust, justice, understanding, forgiveness, honesty, care, compassion.

DEFINITIONS

Provision of foods can be organised into 5 categories:

1. Tuck-shop.
2. Food prepared at the School.
3. Donations and purchase of food and food products.
4. Supply of food to children in need.
5. Food prepared and served at school events.

In each category there are sub categories:

1. Tuck-shop
   - Includes tuck-shop organized and run by volunteers;
   - The use of the tuck-shop facilities by affiliated groups.

2. Food Prepared at the School – e.g.
   - Sausage sizzles;
   - Pancake days;
   - Pasta days;
   - High School Breakfasts;
   - Events at Valente's.

3. Donations and purchase of Food – e.g.
   - Cakes;
   - Provision for treats by Teachers;
Celebration of birthdays;
Take-away food.

4. Supply of food to children in need.

5. Food prepared and served at school events – e.g.
   Sporting events;
   Awards nights;
   Musical presentations;
   Other fundraising functions.

POLICY STATEMENT

The development of an appreciation of safe and healthy foods and healthy eating habits forms part of our Pastoral Care Programme and Curriculum throughout St Joseph’s School. Through both the formal and informal elements of this programme, the promotion of Healthy Living is a major objective. One goal is to not only ensure that students are exposed to healthy eating habits while at school, but also, as part of their life-long learning, that they take these lessons into the wider world and into their future lives.

The other goal is to ensure the provision of safe handling and preparation of food. Whilst the School sees this as an important responsibility, it also recognises the formidable nature of the challenge in our modern world, dominated by the media and aggressive advertising.

CONSEQUENCES.

- The school tuck shops will promote a good selection of nutritious, tasty and attractive foods consistent with the “Dietary Guidelines for Children and Adolescents – 1995”.
- The tuck shop coordinators will ensure that all foods served at the canteen comply with accepted safe and healthy food guidelines.
- The tuck shops will not sacrifice healthy foods for the sake of profits.
- Healthy foods and drinks will be available to all students at activities such as sporting events.
- The school will ensure that a supply of drinkable water is available at the school at all times.

Bob Knight     Dan Manahan
Principal     Board Chairman

Review 2013