

## Ballymacrickett Primary School

### Healthy Eating Policy

We, the staff of Ballymacrickett Primary School, recognise that good nutrition is essential for every child's short term and long term health, including both their physical and cognitive development.

The aims of the policy are:

- Improve the health of pupils, staff, and their families by providing a curriculum that empowers them to make wise choices when selecting food and drink.
- To ensure that children are aware of the risks to their health from unhealthy eating, such as diabetes, dental caries, obesity
- To ensure that there is liaison between external health agencies in the promotion of a healthy eating school
- To ensure that choosing healthy food is an easy option when purchasing food within the school
- To encourage children to bring snacks/packed lunches to school that reflect healthy eating
- To promote the drinking of water as the first and best choice
- To promote healthy eating in all school activities

#### Provision

The school will endeavour to implement a healthy eating school by ensuring that;

- The dining room menu at lunch provides food that will meet the National Nutritional Standards.
- Pupils are encouraged to eat socially in the dining room.
- Healthier packed lunches are promoted
- Suitable facilities will be available for pupils and staff to eat packed lunch
- The eating of chewing gum, crisps and sweets is discouraged in school

#### Snacks/Packed Lunches

- Parents are encouraged to provide children with one food item for a snack. They should refrain from giving their children fizzy drinks, sweets, biscuits or crisps as a snack. Snacks such as sandwiches, breadsticks fruit and vegetable sticks etc. will be encouraged
- Parents/carers are encouraged to provide healthy packed lunches for their children, with more fruit, vegetables and unrefined carbohydrates. Fizzy drinks, chocolate and sweets are not permitted in packed lunches or as snacks. Healthy packed lunch suggestions are promoted on a regular basis through information leaflets to parents. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.
- Parents are encouraged to provide drinking water in sport type bottles as part of packed lunch and for use throughout the day by the children
- Children will take home all unfinished food so that parents are aware of their needs

#### Drinking water

- The school will ensure that pupils and staff have access to drinking water. Pupils and staff will be encouraged to drink water throughout the day and water bottles are permitted in class where there is no safety hazard. No fizzy drinks are permitted during school day. Safe drinking water points have been identified throughout the school. The kitchen manager provides drinking water at lunchtime.

#### Free school meals

- A System is in place which identifies children receiving free school meals sensitively to the kitchen manager and a register is kept. Packed lunches are provided upon parental request and collected on the day of an educational outing.

#### Welfare issues

- The designated Teachers for Child Protection will liaise closely with the teachers, lunchtime supervisors, catering staff and parents to ensure that any problems arising from snack/meal times such as special dietary requirements, eating disorders or other, are identified and dealt with appropriately.

#### Rewards

- The general use of sweets as treats will be discouraged, other incentives such as stickers, certificates will be used instead. The use of sweets will be permitted on special occasions.

#### Sponsorship

- All forms of sponsorship or promotional offers will be considered very carefully before being endorsed by the school.

#### Nuts

- Foods containing nuts are not permitted in the school. There are some children who can suffer a severe allergic reaction when they come into contact with nuts. Parents are therefore encouraged to take precaution when preparing breaks and packed lunches for their children and read all labels carefully.

#### Monitoring and evaluating

- The implementation of the policy will be monitored and evaluated through ongoing observations and discussions with children, kitchen staff, supervisors parents and all school staff. A report on the effectiveness of the policy's implementation will be given to the B.O.G. termly, and a school self evaluation report written annually for the SDP.

