

St. Mary's Primary School

St. Mary's Primary School, Fivemiletown

Healthy Eating Policy



Policy adopted by Board of Governors: March 2019

Policy review date: March 2021

Signed: _____ (Principal)

_____ (Chair of Board of Governors)

OUR success is doing OUR best!

Statement

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day and to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

St. Mary's Primary School School recognises the importance of a healthy lifestyle and healthy eating habits. Healthy eating is an integral part of promoting a healthy lifestyle, the foundation for the future. This is a whole school commitment.

Aims

- To make meal/snack times a pleasurable and safe experience.
- To support children and their families, creating an awareness of healthy eating and promoting as appropriate.
- Within the school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts.

Objectives

- Working towards ensuring all staff, governors and families embrace the policy in a positive manner.
- To integrate the aims into the school ethos, particularly where food is provided on-site, through the children's learning and development and social activities.
- To work within the Health and Safety guidelines regarding food preparation and storage.

Provision of Food across the School

Breakfast

Breakfast is on offer throughout the School as follows:

The children who attend between 8:30am and 9:00am are offered breakfast at 'Breakfast Club'. This takes place in the dining room. A choice of cereals is available and /or toast, a variety of fresh fruit is offered and milk or water to drink.

Snack Times

A mid-morning healthy snack of fruit, vegetables, bread products or yoghurt may be brought to school to be eaten before break time. This should comply with our "Nut-free guidelines". A healthy snack is provided in school for those who have opted to have this.

Lunchtime

Parents can choose to send their child with a packed lunch or buy a hot meal from the school meals provider. Packed lunch boxes are stored in a cool place – parents are encouraged to provide a chilled pack to keep the food fresh. Work is carried out during the school year on the importance of a healthy lunch and information is sent home to parents

St. Mary's Primary School

on this. The school uses the Public Health Agency's guidelines in relation to healthy snacks and lunches and parents are given a copy of these.

Dinner is available in the school and is ordered in the morning from Fivemiletown Primary School. Children should come to school knowing what choice they want to make for their meal that day. Menus are displayed and sent home monthly allowing parents to see the variety of meals on offer, Special diets are catered for in line with the child's needs. On arrival the food is probed and the temperature recorded.

The food is served by kitchen staff and the lunchtime supervisor who encourage the children to try new dishes.

All cultural and religious needs are catered for. All staff are informed regarding specific allergies – dietary needs and these are catered for appropriately.

Links to Children's Learning

- Staff work with groups of children giving opportunities to explore flavours and textures of healthy food, through cooking activities.
- Growing fruit and vegetables in the raised beds.
- Through links to stories.
- Children have the opportunity to sample foods from different cultural and ethnic backgrounds.

Food Hygiene

Children are always reminded about the importance of hand washing. When working with food, children are encouraged to follow basic hygiene routines – wearing apron, washing hands before and after working with food. Relevant staff have food handling qualifications.

Monitoring and Assessing Policy

The policy will be reviewed every two years and adopted by the governing body and staff team.