HEALTHY SCHOOL POLICY

Ashgrove Primary School

Learning, Caring, Growing Stronger Together

Article 1
Everyone under the age of 18 has all the rights of the Convention

Article 3
The best interests of the child must be a top priority

A PASTORAL CARE POLICY

Agree Date	Review Date	Person Responsible
2025	2029	Pastoral Care Team & SLT

UNCRC Article 24

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

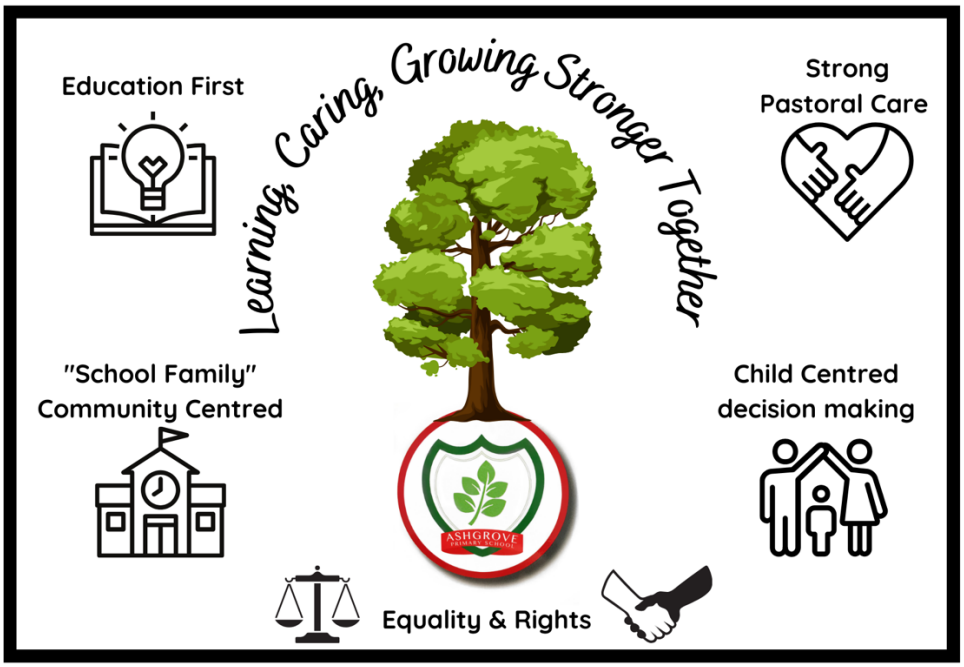
A healthy balanced diet is an important contribution to children's growth and development, to their educational performance and to their long-term health & well-being. In Ashgrove Primary we are committed to providing an environment in which all children can learn and take steps to develop their knowledge and skills to allow them to eat healthy and make healthy choices, not just within school, but outside school too.

We regard healthy eating as a whole school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur through the curriculum. We are committed to helping our pupils understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Mental Health & Well Being

It is important to note that a healthy diet not only affects physical health but also mental health, emotional well-being and cognitive function. We are committed to fostering an environment where pupils understand the importance in maintaining mental clarity, emotional balance and overall happiness both inside and outside the classroom.

Our Five Core Values



AIMS:

- Improve the health of pupils, families and staff by helping to influence their eating habits through increasing their knowledge and awareness of what constitutes a healthy, balances & nutritious diet.

- Ensure pupils are well nourished at school and that every pupil has access to safe, nutritious foods and a safe and readily available water supply during the school day.

- To encourage all pupils to make healthy choices.

- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff e.g. vegetarian, religious, medical and allergenic needs.

- To contribute to the health physical development of all members of the school community.

- To ensure that pupils are given consistent information regarding food to enable them to make choices.

Water Provision
At Ashgrove primary we encourage all pupils to bring fresh water to school each day, this may be chilled at home before being brought to school in a plastic or reusable bottle. We allow these to be kept in classrooms and children may drink water as they require. It is a basic right for children to access to fresh, clean water.

Reusable Water Bottles:

- Pupils should bring a reusable water bottle filled with fresh water every day.

- Bottles should be durable, easy to clean, and clearly labelled with the child's name.

- Bringing a water bottle helps pupils stay hydrated while reducing environmental waste from disposable bottles.

- For hygiene reasons, water bottles should not be shared with others in school.

Water-Only Policy:

- Pupils should drink only water during the school day in class, this should be still, unflavoured water.

- Fizzy drinks, energy drinks, and sugary beverages are **strictly prohibited** in classrooms, packed lunches, and during break times. An exception to this is where a child must have a sugary drink to help control a medical condition e.g. Diabetes and this is outlined in the child's Care Plan.

Breakfast Club

Our Breakfast Club provides a healthy, varied selection of food to ensure that every child begins their school day with the energy and focus needed for learning. We believe that a good breakfast is essential for promoting concentration, physical health, and emotional wellbeing.

Foods available include:

- Whole grain cereals
- Toast – both white and brown bread available
- Milk
- Water
- Fruit juices

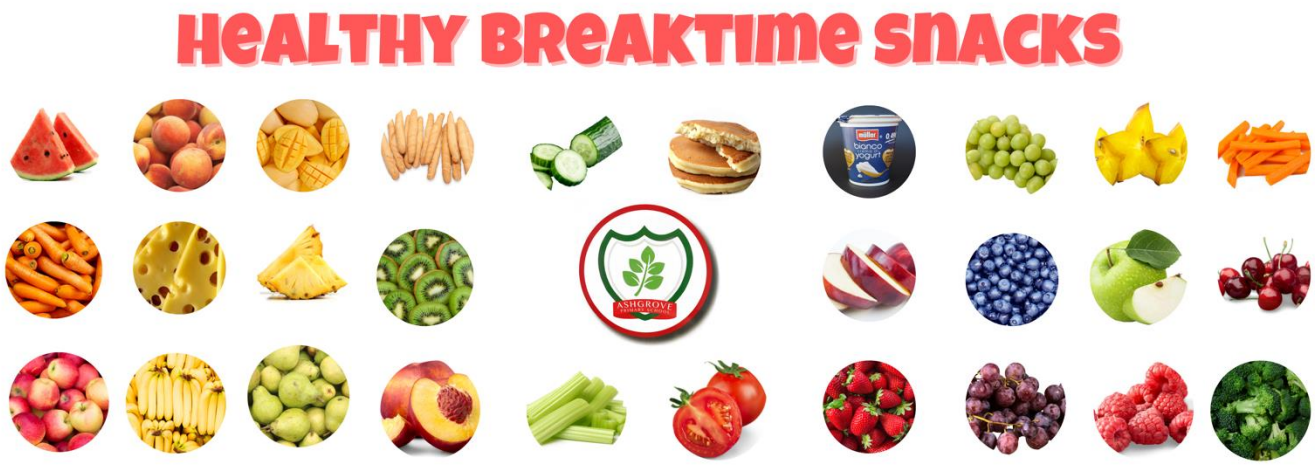
Breaktime & Snacks

Breaktime is an important time of the day for our pupils. This is a time to socialise with peers & friends and importantly, refuel with a healthy breaktime snack. As part of our Healthy Breaks Policy pupils are encouraged to:

- Eat only fresh fruit, vegetables or bread based products at break time;
- Drink only water or milk (supplied from home) at break time.

Help your child get their five a day by including some fruit or vegetable as a snack for their morning break. This includes all fresh fruit & vegetables and pots of fruit in fruit juice not syrup. Make snacks attractive and varied to encourage your child to eat them.

Healthy Breaks for Schools



Other snacks such as Crisps, snack bars, cereal bars, biscuits, chocolate bars, sweets etc should not be consumed at break time.

Breaktime Portion Sizes

Please remember that breaktime is snack and too much food at this time can be off-putting.

A Portion could be…
1 medium size piece of fruit e.g. an apple, orange, banana, pear etc
2 small fruits e.g. kiwi fruit, plums, satsumas
1 large slice of pineapple or melon
1 cereal bowl of salad e.g. lettuce, cucumber, tomato & celery
3 heaped tablespoons of fresh veg or fruit

School Meals Catering Service

Ashgrove Primary School Meals Service follows the Nutritional Standards for School Lunches. This can be viewed by clicking the link below:

EA Nutritional Standards for School Lunches

No child will be made to finish all the food they are served – we know that appetites vary from person to person. School meal provision meet the nutritional standards outlined in the link above. However, we do actovey encourage the children to 'try a little bit more' if they can to ensure they are not hungry later in the day. The Weekly Lunch menu is displayed in the Dining Hall and included each week in the Weekly Newsletter.

The School Meals catering Service also makes provision for Special Diets.

The Provision of Special Diets (School Catering Service)

Special diets can be required for a wide variety of medical conditions including food allergies, food intolerance, diabetes and coeliac disease. A medically prescribed diet is one which has been prescribed by a medical consultant, general practitioner (GP) or registered dietitian.

In some circumstances diet may be the only treatment of a medical condition or can form a major part of it. Pupils with specific food related medical conditions can be catered for if sufficient information is provided from the pupil's medical consultant, general practitioner or registered dietitian to ensure that school catering services can safely meet the needs of the child.

Religious, Cultural and Vegetarian and Vegan Diets

Other children follow special diets for religious or cultural reasons, or because they are vegetarian or vegan. Standard school catering services menus are likely to meet most needs in relation to dietary requirements however where they do not meet such needs, a Parent/Guardian may contact the school to request special meals.

Informing School/Catering Service of a Special Diet

The Pupil's Parent/Guardian is instrumental in notifying the School and is responsible for informing the School Principal of their child's requirements for a special diet, prior to admission or during the academic year. If specialist dietary preparations and prescription foods are to be provided to the school catering service, only ambient goods can be stored and used and the price of a school meal will remain the same. Refer to Appendix 1.

School Catering Service

The Catering Service has a significant role in the day to day provision of special diets. To allow the service to cater for special dietary requirements effectively and safely, the Catering Supervisor and management team will work in partnership, sharing joint responsibility between Pupil, Parent/Guardian and the school to provide as far as possible a nutritionally balanced meal that meets the special dietary requirements of the child. The Catering Service is in compliance with HACCP 1 (Hazard analysis and critical control points) and the Food Information Regulations legislation (Food Information for Consumers Regulation No. 1169/2011) 2 therefore all controls and monitoring procedures are in place. All catering staff should be trained commensurate to their duties.

Food in Schools Policy

Packed Lunches

Some children do not make use of the School Meals Service provided in school but instead bring packed lunches or snacks with them to school. Packed lunches provided from home do not have to comply with the same nutritional standards placed on the School Meals Service.

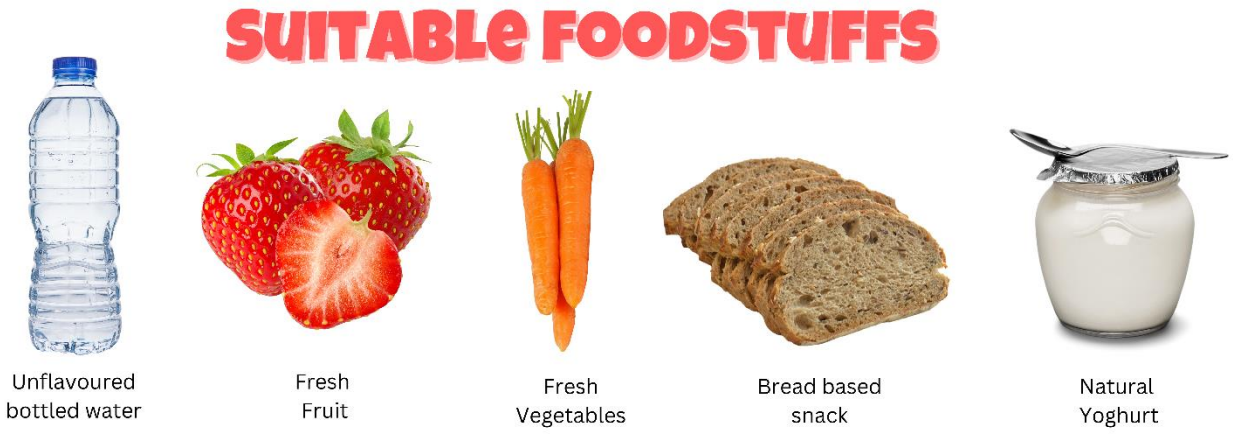
However, we ask parents and carers are asked to provide a well-balanced, healthy packed lunch for their child/children. Packed lunches should include some fruit or vegetable and one 'treat'.

Sugary drinks should be avoided and chocolate/sweet foodstuffs limited (please see below). Fruit juice should be consumed at lunchtime only (please do not send dilute squash to school).

All uneaten foodstuffs should be kept in the lunchbox so parents can check what their child has eaten. Only water or fruit juice should be provided for lunchtime. Fizzy drinks should not be included in the packed lunch.

Only one of the following should be included in lunch boxes:

- Chocolate (including biscuits, sweets and bars)
- Crisps or any packeted savoury snack high in salt and fat e.g. dunkers or Lunchables
- Sweet cakes e.g. sugary cakes, doughnuts or buns
- Sweet Yoghurts e.g. Crunch/Fruit Corner yoghurts, chocolate yogurt or custards



Forgotten Water Bottles, Breaks & Packed Lunches:

Water Bottles

- The pupil should inform their teacher or a member of staff at the start of the day so that alternative arrangements can be made. School will not ring home to ask for a water bottle to be brought to school.
- Ashgrove Primary will provide access to fresh drinking water, either through disposable cups or temporary use of a spare bottle, to ensure the pupil stays hydrated.
- Parents will be reminded to ensure their child has a bottle for the following day.
- If a parent leaves a water bottle to school, this should be left at Reception. The Office will either ring for the child to collect the water bottle or a member of staff will leave this to the classroom.

Breaks

Agree a statement/procedure on what we do if a child has forgotten their break/snack

Lunch

The pupil should inform the teacher or a member of staff at the start of the day so that alternative arrangements can be made. School will contact home (1st contact on SIMS) for the Packed Lunch to be brought to school. If we are unable to contact home, school will provide a meal from the Canteen (there will be a fee for meals provided to those not entitled Free School Meals).

The Curriculum

Healthy eating in Ashgrove is viewed as part of a whole school approach. We deliver healthy eating messages through the Northern Ireland Curriculum.

- Personal Development & Mutual Understanding (PD&MU)
- Physical Education
- The World Around Us
- Pastoral time e.g. Circle Time and Philosophy for Children (P4C)

- Extra Curricular Activities and
- Special Projects

We also make use of external visitors to school for example The Dairy Council, RSE Workshops & Mum and Toddler visits.

Food Supplied at School Events

Where possible, we will ensure that food supplied at school events is consistent with the school's healthy eating principles;

- Water will be available ay Sports Day
- Healthy Options will be available at PTFA events

Special Events

The school ensures that healthy options are available at special events. We do not encourage children to bring birthday cakes or sweets etc to share with classmates for their birthday. Where a child brings cake/sweets to school, these will be divided up for distribution at home time.

Nut Free Zone

It is school policy that pupils do not bring nuts or nut based products to school. Ashgrove Primary is a **'nut free zone'.** We have children enrolled at our school that may suffer an anaphylactic shock if they come into contact with nuts or nut based products.

Hygiene

Children are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the health & safety representative and the catering service provider. All staff employed in food preparation hold a basic food and hygiene certificate.

Promotion of Healthy Choices

In Ashgrove we reinforce healthy food choices throughout the academic year by, for example:

- Healthy Munching March
- House Points
- Well-being Week
- Sports Days & Sports Events

Links to other Policies:

- RSE Policy
- Pastoral Care Policy
- Safeguarding & Child Protection Policy
- WAU Policy
- PE Policy

Appendix 1

PROCEDURE FOR THE PROVISION OF SPECIAL DIETS IN SCHOOL

Parents/Guardians to inform school that their child has a special dietary requirement.

School will provide the Special Diet Application form (forms can be downloaded from EA website).

Parents complete the Special Diet Application Form and return to the school Office.

School Catering Service to prepare a special diet menu based on the current menu.

School will arrange a meeting with the Catering Service & Parents/Guardians to outline roles, responsibilities and dietary requirements.

School will provide parents with a copy of the agreed form to retain.

School will arrange a meeting with the Catering Service & Parents/Guardians to outline roles, responsibilities and dietary requirements.

School will carry out a Risk Assessment.

Roles and Responsibilities of Parents

Parents are responsible for informing the school of their child's requirements for a special diet, prior to admission or during the academic year.

If specialist dietary preparation and prescription foods are to be provided to the Catering service, only ambient goods can be stored and used and the price of a school meal will remain the same.

Tel: 028 9084 8734 email: info@ashgroveps.newtownabbey.ni.sch.uk

Office Hours: 8.30am-4.15pm

Child Friendly Healthy Eating Policy

Ashgrove Primary School

GOLD RIGHTS RESPECTING

Article 3

The best interests of the child must be a top priority.

Child Friendly Healthy Eating Policy

In Ashgrove, we want every child to grow being healthy and happy! We want our pupils to develop healthy habits for life!

Our child friendly Healthy Eating Policy explains what healthy foods are and why they are important to everyone in school.

Why should we eat healthy foods and drinks?

- At a young age, we form lifelong habits. Eating a healthy diet in school is a good habit;
- Nutritious food helps us to concentrate in class meaning we learn better;
- Healthy foods are good for our growing bodies;
- Healthy foods are much better for our teeth!
- A healthy diet helps to prevent certain health issues & diseases.

Healthy foods also make you feel good!

WHICH HEALTHY FOODS COULD I EAT IN SCHOOL?

Fruits	Cheese	Oatmeal	Quinoa
Vegetables	Crackers	Brown bread	Raisins
Yoghurt	Pancake	Beans & Pulses	Rice

BREAKTIME

At Breaktime, we should eat a healthy snack. This should be a piece of fruit or vegetable, you could even have breadsticks or crackers with cheese. We should not eat crisps, chocolate, buns, sweets etc. for break or lunch while in school. (Remember, healthy foods help us to concentrate in class!)

PLEASE DO NOT SEND NUT BASED FOODS TO SCHOOL!

In school we may only drink water. Fizzy drinks and those with lots of sugar or caffeine are NOT allowed.

What about foods at lunchtime?

Our School Chef plans carefully to make sure the foods we serve in the Dining Hall allow you to have a healthy, balanced diet which meet government nutritional standards.

If you have a packed lunch, we strongly encourage our parents to provide healthy packed lunches. Chocolate, crisps, sweets etc should not be provided.

How does school teach about being healthy?

Through PD&MU (Personal Development & Mutual Understanding) we learn about healthy lifestyles and choices. This includes learning about which foods are healthy.

We also learn about how our bodies change and grow and how we keep ourselves clean.

Sometimes we have special visitors to school who tell us more and answer questions!