

Rationale

Children need a healthy diet for normal growth and development. There are growing concerns about what today's children are eating. Compared to recommended dietary guidelines, many children are consuming too much fat, sugar and salt and too little fibre.

A healthy diet in childhood can help prevent a variety of problems, both in short term (dental decay, amnesia, obesity and constipation), and later in life because the early processes of some adult diseases start in early childhood (coronary heart disease, some cancers, strokes and osteoporosis).

Young people have particular nutrient requirements because they are growing. Their eating habits are likely to influence what they eat in adulthood, so it is important that their eating patterns are optimised at an early age. Food eaten at school which contributes to a healthy diet, provides a good opportunity for young people to put classroom learning into practice.

Schools can help children make healthier choices by ensuring the appropriate food is available and encourage children to make informed choices about what they choose to eat and drink.

At Glendermott P.S. we aim

- To establish a clear whole school Healthy Eating Policy with a unified approach, to ensure co-ordination and consistency.
- To ensure pupils have the knowledge, skills and opportunity to make healthy food choices in order to encourage a healthy lifestyle.

Objectives

- To reinforce appropriate messages relating to food, nutrition and dental health e.g. ensuring consistency between the formal curriculum and food provision.
- To provide information to parents/guardians on all aspects of food in school.
- To provide health and well-being for all members of the school community.

Glendermott P.S. aims to do this by:

- Providing access to drinking water in all areas throughout the school day.
- Allowing children to bring in their own water bottle to class.
- Provide awards/ stickers/ certificates assembly recognition for healthy eating.
- Provide a balanced diet through:
 - Providing healthy breakfasts in our breakfast club
 - Operating a healthy breaks scheme
 - Promoting healthy snacks in class
 - Promoting healthy choices in school lunches (see appendix 1)
 - Supporting the provision of nutritionally balanced school meals
 - The provision of milk at break times
- Prevent the consumption of fizzy drinks, sweets and chocolate bars during the school day, except Friday when one treat is permitted.
- Promoting healthy eating through organised themed events.
- Reinforcing health messages within the curriculum at each Key Stage.
- Teachers and staff setting an example to pupils through positive attitudes to their own health.
- Current food and health resources made available to staff to use in class.

Implementation

The following stakeholders have been thoroughly engaged in developing this policy through discussion. Pupils, parents and staff drew up the food lists in the accompanying appendices and all will be informed of the policy and implementation process

- All staff
- Parents/guardians
- Boards of Governors
- Pupils

Monitoring, Evaluation and Reviewing

As part of the school's monitoring and evaluation process, we continually keep abreast of new effective initiatives and adapt our practice accordingly.

Therefore this policy will be reviewed by the Principal, Staff and Governors every three years.





Appendix 1

Food and drink which should be promoted and consumed in school.

Apples	Flat bread
Oranges	muffin
Pineapple	pancake
Bananas	Pitta pockets
Plums	Crackerbread
Pears	salad
Watermelon	Peppers
Melon	Carrot sticks
Strawberries	Cheese
Blueberries	Humous
Raspberries	Dry cheerios
Grapes	Chicken
Cucumber	Ham
Tomatoes	Turkey
Peaches	Tuna
Mango	Yoghurt
Blackberries	Raisins
Cherries	Yoghurt raisins
Bread	Water
Brown bread	Milk
Bread rolls	Dilute juice (lunchtime only)
Wraps	Lunchables
Crackers	Plain rice cakes
breadsticks	Flavoured water (lunch time only)



Appendix 2

Food and drink which should NOT be promoted and consumed in school.

Chocolate bars	Yoghurt corners with chocolate balls/ biscuits.
Buns	Donuts /pastries
Cakes	Pain au chocolate
Biscuits	
Sweets	
Lollies	
Crisps	
Fizzy drinks	
Tea cakes	
Fruit shoots	
Capri sun	
Nuts	
Nut products	
Fruit winders	
Chips	
Chocolate milk	
Flavoured milk	
Ribena	
Chewing gum	
Cupcakes	
Energy drinks	
Cookies	
Custard	
Rice pudding	