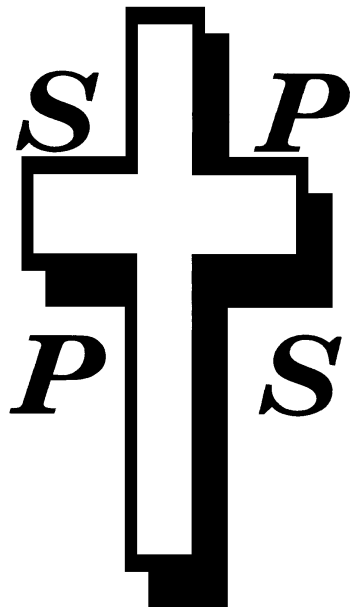


# St. Patrick's P.S. Newtownstewart



## Healthy Eating Policy

Review October 2025

## **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 St Patrick's 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.

St Patrick's 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.
- 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, 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

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with the principal when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

### **Monitoring packed lunches**

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy. Children who regularly bring unhealthy food to lunch may have to eat separately from their peers in case others then follow their example.

### **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 two 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	Humus
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)

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



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