

# St Tierney's PS Roslea



## Healthy Eating and Snacks Policy

Reviewed August 2020

## **ST.TIERNEY'S PRIMARY SCHOOL**

### **WHOLE SCHOOL HEALTHY EATING and HEALTHY SNACKS POLICY**

#### **Aim**

To promote the health and well-being of pupils and staff through all aspects of food and nutrition.

#### **Objectives**

##### **Break-time**

- Continue to implement a healthy break initiative throughout the whole school, whereby milk, water, fruit and vegetables and bread based snacks are actively encouraged.

**As part of our Healthy Breaks Policy children will be encouraged to:**

- eat only fruit, vegetables or bread based products at break time.
- drink only milk or water at break time.

**As part of our Healthy Breaks policy parents / those with parental responsibility will be:**

- provided with information on the foods and drinks that are suitable for a break time snack.

**The foods and drinks recommended for the Healthy Breaks policy may be suitable for some therapeutic diets. However, the child's dietary requirements devised by the dietician should be adhered to. If any issues arise, teachers will consult parents/carers or relevant health professionals for advice. Water will be available / allowed in the school as a break time drink and throughout the day. (Water bottles are encouraged!)**

#### **Lunch**

School Meals will be provided in line with Education Authority-Sothern Region (EA-S) policy.

- Chips and other fried products are only served once per week
- Chopped fruit will be provided once per week
- Fruit and yoghurt will also be available as part of these choices

#### **Packed Lunch**

- Dietetic written advice is available for parents, regarding healthy lunch box choices.
- Water provision in School
- Drinking fountains are situated in a number of locations around the school. Pupils will be encouraged to drink water regularly throughout the day.
- All pupils are encouraged to have their own bottle of water in class
- Staff are encouraged to lead by example

### **Reward Systems in School**

- Occasional use of sweets as a reward is acceptable at the teachers' discretion.

### **Social Events/Parents Evenings**

- Whenever possible the food and drinks that is provided at these events should be healthy and nutritious.

**PROMOTING HEALTHY BREAKS IN OUR SCHOOL** As part of our Healthy Breaks Policy children will be encouraged to: } eat only fruit, vegetables or bread based products at break time. } drink only milk or water at break time. As part of our Healthy Breaks Policy school staff will be encouraged to: } eat fruit, vegetables or bread based products at break time. } drink only milk, water, tea or coffee at break time. The school will not accept sponsorship from companies which may undermine the Healthy Eating ethos of the school. The Healthy Eating messages will be reinforced throughout the child's school day. The school will monitor the policy regularly.

### **Monitoring and Evaluation**

The whole school Healthy Eating and Snacks Policy will be monitored and evaluated on an ongoing basis through consultation with pupils, staff and parents.

### **Review**

The Board of governors will monitor and evaluate the effectiveness of this policy as part of a timetabled, on-going review process