



Healthy Eating and Drinking Policy



St. Brigid's Primary School aims to present consistent healthy eating and drinking messages through:

- The taught curriculum
- The provision and promotion of healthy food and drink during the school day and on school trips
- The school environment

Why is a Healthy Eating Policy needed?

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that the diets of the young people are not meeting healthy eating recommendations for optimum growth and development.



Immediate benefits of healthy eating include:

- 1) Improved concentration
- 2) Preventing asthma, anaemia, dental decay, diabetes and obesity

Longer term health benefits include: prevention of coronary heart disease, some cancers and osteoporosis (brittle bones).

Drinks

Children are encouraged to bring plastic clear water bottles in from home. These need to have a sports cap to prevent spillages. Only water is allowed in these bottles in class. Fizzy drinks are banned in school.

Mid-morning snacks

This school provides healthy snacks for all pupils which can be purchased at the hatch. Children may bring fruit or a healthy snack from home to eat at mid-morning break.

NUT FREE SCHOOL

We have a number of pupils with **severe nut/sesame seed allergies**. Henceforth pupils are not allowed nuts/sesame seeds or products that contain these. We ask you to be mindful of this and check the labelling of food products.





School Meals

This school works with the Education Authority catering service to ensure that healthy choices are available throughout the mealtime and that N.I. nutritional standards are met. Fruit and vegetables are included as part of meals and puddings where possible, and steps are taken to reduce fat, salt and sugar of food provided.

Packed Lunches

This school encourages parents and carers to provide a healthy packed lunch and a storage place is made available in each classroom. Remember no fizzy drinks, no crisps or chocolate – not even in your yoghurt. However on a Friday, due to a School Council decision, pupils are allowed to bring one small treat for lunch.



Rewards

Foods such as sweets are not given out as rewards.

Involving Pupils and Parents

This school encourages participation by pupils and parents to determine food provision in school, for example by discussing healthy eating and drinking in the School Council.

In the Classroom

Healthy Eating will be promoted through individual subjects and in cross-curricular ways through PDMU and Healthy Schools Project.

Award Status

St. Brigid's P.S. has attained Health Promoting Schools Status (2005) and The Teaching Award for Most Healthy School in Northern Ireland 2006.

