



# Healthy Food in School Policy



Ratified by the Board of Governors- March 2025

Update due- March 2029



## Healthy Food in School Policy.

In Greenisland Primary School we recognise that nutrition is a significant factor in the growth, development, and overall functioning of a child. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional, and cognitive development. Good nutrition is critical to optimising each child's potential for success and is essential to full intellectual development. Children require sufficient energy and essential nutrients each day to accomplish learning tasks, even under nourishment, including short term hunger are barriers to learning.

At Greenisland Primary School we are dedicated to helping each child understand the role of healthy eating in achieving a lifetime of good health.

### Consultation Process.

This policy has been developed in consultation with:

- Parents
- Pupils
- All teaching staff
- All non-teaching staff
- Catering staff
- EA
- Greenisland Primary School Governors

## Aims:

Greenisland Primary School aims to:

- Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of "healthy eating" and "balanced diet" and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Help children to understand that some foods should be eaten in moderation.
- Provide children with healthy food and drinks in school.
- Encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

In Foundation Stage, KS1 and KS2, healthy eating is addressed through:

- WAU topics
- PSHE units
- Art and Design
- RE
- Discrete teaching sessions
- Discussion between teacher and pupils
- Assembly
- Whole school projects
- Special days and events

Through the curriculum lessons in Greenisland Primary School we will encourage children to:

- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to complement meals
- Avoid too many snacks and drinks with a high sugar content
- Drink plenty of fluids to avoid dehydration
- Be physically active every day
- Brush teeth twice a day and visit the dentist regularly.

### Training.

All kitchen staff undergo relevant food and hygiene training. Certificates are awarded and training is updated regularly.

The school kitchen facilities are inspected regularly.

### Allergies, Vegetarians and Religious Beliefs.

All individual food needs are entered into the annual entry records (SIMs) and updated as required. These records are used by the kitchen staff, who are alerted to individual needs.

Staff are made aware of particular allergies through a photographic display in the staffroom and in individual classrooms. All staff are trained annually in Epipen use and trained first aiders are on site.

Mrs J Bell is the appointed Coordinator for Medical Needs.

Greenisland Primary School is a "Nut-Free Zone." Staff, parents and children are encouraged not to bring products containing into the school environment.

### School Meals.

The dinner system offered in Greenisland Primary School offers a wide variety of foods. New menus are emailed to all families- encouraging children to eat a school dinner. Theme days are promoted during the year. Free school meals are also served in the school.

### Packed Lunches.

Although packed lunches are not monitored, parents and children are encouraged to pack a well- balanced and healthy lunch.

### Dining Environment.

Lunch is served in the main hall. The children enter the hall in an orderly manner and queue for their lunch. Children are encouraged to eat the fruit and vegetable options which are on offer daily. Children sit together and are encouraged to socialise.

### Water.

Children are encouraged to drink water throughout the day. The children can bring in suitable water containers from home, these can be refilled throughout the day. Water fountains are situated in the main school building. Children are encouraged to take water bottles home daily to wash them.

### Healthy Breaks.

All children are encouraged to eat a healthy break from Monday through to Friday each week.

### Special Events.

Children may bring in birthday cakes or party items (nut-free), these are divided up for distribution. On occasions cake sales, coffee mornings and bun sales in aid of various charities take place.

