



St. Nicholas' Primary School
Minorca Place
Carrickfergus
Co. Antrim
BT38 8AU

St Nicholas' Primary School, Carrickfergus

Healthy Eating Policy

Aim

To ensure that all aspects of food and nutrition in school promote the health and well being of the pupils, staff and visitors to our school.

Objectives

Our objectives are to:

- Support school caterers in the provision of healthier choices at break time and lunch time
- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date
- Provide a variety of healthy snacks and drinks at break time
- Ensure that 'healthy eating' is prominent throughout the school year
- Inform parents on all aspects of food in school
- Encourage students to bring suitable snacks and lunches to school in line with DE the Nutritional Standards for School Meals and other Food in school
- Encourage students to drink water during the school day

Action:

We will meet our objectives by:

- Working with school caterers at Sunnylands Primary School we will ensure that the dinner menu is clearly communicated and made available to parents/carers via the school newsletter and website
- Ensuring that Health Promotion initiatives including posters/leaflets are clearly displayed at school reception area and around the school as apt



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- Linking with health promotion national events such as Cancer Awareness Month, Trocaire, Smile Week for Oral Health etc
- Informing Parents – information sent out on food related topics including breaks, lunches, drinks etc – see **Parent/Carer Pack**
- Pupils – regular reminders via assembly, notice board, Pupil Council etc
- Staff – Staff to set good example to pupils adhering to the healthy eating policy as well e.g. Healthy breaks

Monitoring and Evaluation

We will monitor and evaluate progress through:

- Catering – school catering will report on uptake of breaks, breakfasts, school meals etc
- Audit of break time snacks/lunch boxes
- Feedback from parents on any information sent out
- Staff comments
- Feedback from Pupil Council

Healthy eating in St Nicholas' Primary School

1. Promotion of healthy break:

This is catered by our Monday Money Scheme. Tesco deliver groceries to the school weekly – parents contribute to this fund.

- P1 rolling “snack time” comprising of a range of foods to include a variety of breads, fruit, vegetables and cheese. Drinks will take the form of water. This is delivered as part of Play Routines.
- P2-7: Snack Boxes. A variety of foods and drink are provided for each class. P1-2 have refrigeration facilities. P3-7 avail of a selection of fruits, vegetable, breads, crackers etc.
- Occasionally we enjoy cultural days when we sample foods from various countries. Our Polish families in particular, have been keen to share their culture with us.

2. Promotion of the “waste-free” lunch box to encourage children to include more fresh food and less processed, packaged food in their lunch boxes.

3. Liaison with a range of agencies to help promote a culture of healthy eating in our pupils e.g. The Schools Dietician, Schools Dental Service, Ulster Cancer Foundation and Bryson House.



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4. Keeping parents informed through the school website, information sessions etc. of practical ideas and tips on how to encourage healthy eating in their children.
5. Visits organised from a number of organisations to raise awareness of the importance of healthy eating and keeping fit.
6. Partnerships formed through Before & After School Activities to support healthy breakfasts, fitness and a healthy lifestyle.

This was formulated in February 2008 and distributed to Staff, Parents and Pupils.

Policy reviewed in September 2010

Policy updated –

Geraldine Doherty
June 2023



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