

St. Mary's Primary School
(Lisbuoy)



HEALTHY EATING
POLICY

INTRODUCTION

In St. Mary's Primary School it is our policy that we promote and encourage healthy lifestyles and therefore healthy eating at break time and lunch time.

The School Meals' Service promotes healthy eating as the meals provided at lunch time take into account the nutritional guidelines put in place by the Department of Education N.I. and the Education Authority.

A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

AIMS

St. Mary's Primary School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of children, staff and their families by helping to influence eating habits through increasing knowledge;
- Increase awareness of food issues, including what constitutes a healthy and environmentally sustainable diet; and
- present consistent, informed messages about healthy eating within school through all school practices.

At St. Mary's Primary School, healthy eating is delivered within a whole school approach which may include:

- Topics;
- Planned aspects of Personal Development and Mutual Understanding (PDMU), the World Around Us, PE and other curriculum areas;
- □Special assemblies/visits by agencies.
- Pastoral time (Eg., Circle Time);
- Extra curricular activities; and
- Special projects.

PUPILS

As part of our 'Healthy Eating' policy, pupils are encouraged to:

- ✓ eat healthy 'snack' at school each day (provided by school);
- ✓ eat fruit, vegetables, dairy products or bread based products at lunch time;
- ✓ drink water and milk daily at snack and lunch time; as well as water throughout the day;

STAFF

As part of our 'Healthy Eating' policy, staff is encouraged to:

- ✓ eat fruit, vegetables, dairy products or bread based products at break time and lunch time;
- ✓ drink non sugar based drinks, water, milk, tea or coffee at break time and lunch;

SCHOOL MEALS

As part of our 'Healthy Eating' policy the school meals service provide:

- meals that follow the guidelines provided in the publications, '*School Food, Top Marks Nutritional Standards for School Lunches*', '*Nutritional Standards for other Food and Drinks in Schools*' and '*School Food, the Essential Guide*'.
- milk or water for the children to drink daily;
- fresh fruit and bread with every meal;
- meals that are low in salt content;

Salt is not available to be used by the children on their meals.
Sauces will be available twice weekly.

PACKED LUNCHES

Parents and carers are asked to provide well balanced healthy packed lunches for their children. Fizzy drinks should not be included in the children's packed lunches.

Only water, milk or diluted juice should be provided.

Sandwich fillings/spreads, such as, chocolate spread or jam will only be allowed one per week.

Only one of the following may be included in lunch boxes;

- Sweets (including Winders),
- Chocolate (including biscuits and bars)
- Crisps or any packeted savoury snacks high in salt and fat, eg. Dunkers, lunchables
- Sweet cakes, e.g. sugary cakes, doughnuts
- 'corner style' yoghurts, eg. Crunch/fruit corner yoghurts, kit kat yoghurts,
- Sweet nut bars*
- Packets of salted nuts*

*As long as there are no children with Nut Allergies in school.

DIETARY NEEDS

In consultation with parents, a child's dietary requirements devised by a dietician will be adhered to. If any issues arise, teachers will consult parents or relevant health professionals for advice.