

Rasharkin Primary School



Healthy Eating Policy

Products containing nuts should not be brought to school

September 2010, reviewed Dec. 2018, Oct. 2022

Aim

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

In Rasharkin Primary School it is our policy to promote and encourage healthy lifestyles and therefore healthy eating at break time and lunch time.

Our School Meals' Kitchen 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. (Ref. Nutritional Standards Guidance, DE, 2008).

Rasharkin 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.

Objectives

Our objectives are to:

- review the formal curriculum to ensure information relating to food and nutrition in different learning areas is consistent and up to date
- encourage children to drink water during the school day
- encourage children to bring suitable snacks to school in line with 'Nutritional Standards for School Meals and Other Food in School' (DE)
- ensure that 'Healthy Eating' is prominent throughout the school year
- inform parents of all aspects of 'Food in School'.

At Rasharkin Primary School, healthy eating is delivered through a whole school approach which may include:

- Aspects of Personal Development and Mutual Understanding (PDMU), the World Around Us and other curriculum areas;
- Special assemblies/visits by agencies;
- Pastoral time (e.g., Circle Time);
- Extracurricular activities;
- Special projects.

Actions

Pupils

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

- bring a healthy break to school each day. As agreed by the class, teachers may agree incentives for children who consistently choosing a healthy break.
- eat fruit, vegetables, dairy products or bread based products at break time and lunch time;
- drink non sugar based drinks;
- bring water to class to drink throughout the day. The children should use a bottle with a pop up lid in order to avoid spillages.

Staff

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

- eat fruit, vegetables, dairy products or bread based products at break time and lunch time;

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- drink non sugar based drinks, water, tea or coffee at break time and lunch;

School Meals

As part of our 'Healthy Eating' policy the Leaney Meals Kitchen 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;
- fresh fruit with every meal;
- meals that are low in salt content;
- Salt is not available to be used by the children on their meals.

Packed Lunches

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

Dietary Needs

In consultation with parents, a child's dietary requirements (as advised by a dietician, or for religious, ethnic and vegetarian needs) will be adhered to. If any issues arise, teachers will consult parents or relevant health professionals for advice. Parents of children with dietary needs should contact the Leaney Meals Kitchen to discuss options for school meals. A special diet request form is available for completion.

Allergies

There are a wide list of different food allergies and it is not practical to restrict all these foods from schools, however we have procedures in place to minimise risk of reaction via cross contamination.

It is not possible to guarantee and enforce a nut free zone, as staff cannot monitor all lunches and snacks brought in from home. However, staff and pupils would appreciate your help in this matter by not sending foods to school that contains nuts. We have chosen to implement this for nuts as these are often found in foods very easily shared amongst children, e.g. chocolate sweets, chocolate and nut spread biscuits. To avoid this becoming a false sense of security, we will try to safely prepare children for environments where nuts may be present by, e.g. making all members of the school community aware of those children with allergies, reminding pupils of the importance of not sharing food, looking out for each other ('allergy aware').

Dissemination of the Policy

All staff members and school governors receive a copy of this policy. The policy is also available on our school website.

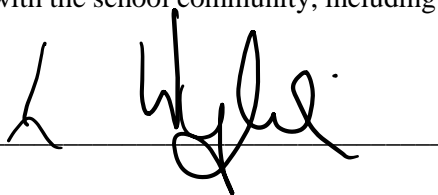
Monitoring and Evaluation

We will monitor and evaluate progress through:

- catering – report on uptake of school meals
- audit of break time snacks
- feedback from parents on information sent out
- staff comments.

This policy was produced in consultation with the school community, including pupils, parents, staff, EA representatives and board of governors.

Signed: (Board of Governors, chair) _____



Date: _____26/10/22_____