



Healthy Eating Policy

Reviewed: April 2022

Ratified by the Board of Governors:

Next review date: April 2026

Loughries Integrated Primary School

Healthy Eating Policy

Our Motto:

Learn, Integrate, Participate, Succeed.

Mission Statement:

Loughries Integrated Primary School fosters a nurturing environment which encourages, supports, develops and challenges each child to reach their full potential. We endeavour to equip our pupils with the skills and qualities needed to work together for a shared future.

Introduction

Loughries Integrated Primary School is committed to encouraging and developing positive attitudes towards food and a healthy diet. We recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aims and Objectives

To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.

To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

Curriculum

We regard Healthy Eating education as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Outside agencies are invited in to school to promote healthy eating.

Management of Eating

At Loughries Integrated Primary School we have agreed that the children are encouraged to eat a healthy break Monday to Thursday. The following healthy foods are suggested: fruit, vegetables, bread sticks, sandwiches, ham, cheese, crackers, crisp bread, fruit bread or pancakes.

Friday is the one day in the week where children may enjoy a small treat, such as a biscuit. Sweets are not suitable for Friday treat day. This is to teach the children that treats should be eaten in moderation.

All children are encouraged to bring in a water bottle so they can have access to water throughout the day. A water machine is provided in the school for additional access to drinking water.

Chocolate, sweets, biscuits, crisps and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Diluting juices are actively discouraged due to the high sugar content. Cereal bars are also discouraged because these often contain as much sugar as chocolate bars.

Pupils' lunch boxes should offer balanced nutrition.

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Posters are displayed to show that we promote a nut free environment. Parents or carers of children who are on special diets for medical reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room.

Portion - no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to try a little bit more if they can to ensure that they are not hungry later on in the day.

School Meals

The lunch menu is displayed on our school website and is emailed to our Parents/Carers. Parents/Carers should discuss meal choices with their children and book school meals before 7pm each Sunday for the week ahead. The school meals register is printed off before school every Monday so that all class teachers are aware of the children who have booked for the week.

Breakfast Club

A daily Breakfast Club is open from 8:15 am until 8:45am. A range of cereals, juice and toast is available. Parents/Carers should book Breakfast Club before 7pm each Sunday for the week ahead. The Breakfast Club register is made available to our Breakfast Club staff every Monday morning.

The role of Parents:

The school is aware that the primary role model in children's Healthy Eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

Inform parents about our school Healthy Eating Education Policy and practice;

Encourage parents to be involved in reviewing school policy and making modifications to it as necessary;

Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.

The role of the Governors:

The Governing body is responsible for monitoring the Healthy Eating Policy. The Governors support the Principal in following guidelines from external agencies. Governors inform and consult with parents about the Healthy Eating Policy as required.

The role of the School Nurse: The school nurse provides parents with guidance on providing a balanced diet for their child at the P1 check-ups. The P1 children are weighed, measured and parents are advised accordingly.

The Policy will be reviewed after four years.