

ST. EITHNE'S PRIMARY SCHOOL



WHOLE SCHOOL FOOD POLICY

Reviewed 2008/2009

Rationale

Children need a healthy diet for normal growth and development. There are growing concerns about what today's children are eating. Compared to recommended dietary guidelines, many children are consuming too much fat, sugar and salt and too little fibre.

A healthy diet in childhood can help prevent a variety of problems, both in the short term (dental decay, amnesia, obesity and constipation, and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis).

Young people have particular nutrient requirements because they are growing. Their eating habits are likely to influence what they eat in adulthood, so it is important that their eating patterns are optimised at an early age. Food provided at school that contributes to a healthy diet, and is affordable and accessible, provides a good opportunity for young people to put classroom learning into practice.

Schools can help children make healthier choices by ensuring the appropriate food is available and encourage children to make informed choices about what they choose to eat and drink.

Aims

- To establish a clear whole school food policy with a unified approach, to ensure co-ordination and consistency.
- To ensure pupils have the knowledge, skills and opportunity to make healthy food choices in order to encourage a healthy lifestyle.

Objectives

- To ensure equality of access for all.
- To reinforce appropriate messages relating to food, nutrition and dental health e.g. ensuring consistency between the formal curriculum and food provision.
- To provide information to parents on all aspects of food in school.
- To improve health and well being for all members of the school community.

Procedures

St. Eithne's Primary School aims to do this by:

- Providing access to drinking water in all classrooms throughout the school day.
- Providing a balanced diet through:
 - Organizing and providing a breakfast club
 - Promoting healthy choices in school lunches
 - Supporting the provision of nutritionally balanced school meals
 - Operating a healthy breaks scheme
- Discourage the consumption of fizzy drinks, crisps, sweets and chocolate bars during the school day.
- Promoting healthy eating through organised themed events eg healthy eating week, smile week etc.
- Reinforcing health messages within the curriculum at each key stage.
- Avoiding sweets as treats in the classroom.
- Teachers setting an example to pupils through positive attitudes towards their own health.
- Current food and health resources made available for staff to use in class.
- Providing the opportunity for pupils to brush their teeth during the school day.

Implementation

The following people will receive a copy of the policy and be informed of the implementation process

- All staff
- Parents
- Boards of Governors
- Pupils

Monitoring and Review

- This policy will be monitored annually by the Principal and Board of Governors
- It will be reviewed, and if necessary be revised every two years

Signed: _____
(Chair of Board of Governors)

Signed: _____
(Principal)

Date: _____