

Dunclug Primary School



Healthy Eating Policy

Date: Autumn Term 2021

To be reviewed: Autumn Term 2024

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.

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

Our School Meals' Kitchen (SMK) 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.

AIMS

Dunclug 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 Dunclug 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 and other curriculum areas;
- Special assemblies/visits by agencies.
- Pastoral time (Eg., Circle Time);
- Extra curricular activities; and
- Special projects.
- Reward systems at break and lunchtime

PUPILS

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

- bring a healthy break to school each day;
- 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;
- drink non sugar based drinks, water, tea or coffee at break time and lunch;

SCHOOL MEALS

As part of our 'Healthy Eating' policy the school's catering staff 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.

BREAKFAST CLUB

Children at the school can access the Breakfast Club which is run by the SMK and our staff. This is free for all pupil thanks to generous funding from St Vincent de Paul, alongside Extended Schools funding.

Healthy items such as cereal, milk, fruit juice, water and toast are served daily.

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 devised by a dietician will be adhered to. If any issues arise, teachers will consult parents or relevant health professionals for advice.

Meal provision by the SMK also reflects religious, ethnic and vegetarian needs of pupils and staff.

IMPORTANT NOTICE: NUT FREE SCHOOL

It is school policy that pupils and staff do not bring nuts or nut based products to school.

Dunclug Primary is a 'nut free zone'. We have children enrolled at our school that may suffer an anaphylactic shock if they come into contact with nut products or nut based products.

Healthy eating messages are reinforced throughout the school year as part of the delivery of the curriculum. Reward systems are in place throughout the school to reward pupils' healthy choices and also further promote healthy eating.

DISSEMINATION OF THE POLICY

All staff members and school governors receive a copy of this policy. The policy is also distributed to all pupils enrolled at the school and their parents.

MONITORING, EVALUATION AND REVIEW

The effectiveness of this policy will be monitored and evaluated on a three yearly cycle. The next review will take place in the Autumn term of 2024.