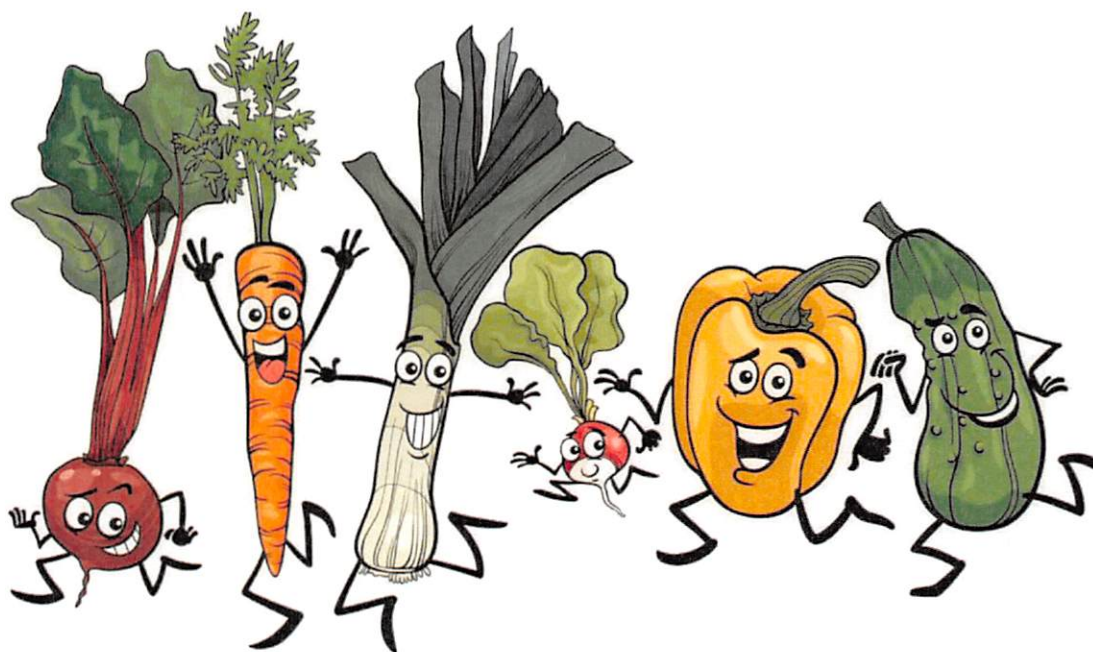




Strandtown
Primary School

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Healthy Eating Policy



September 2018

HEALTHY EATING POLICY








Strandtown PS is dedicated to providing an environment which promotes healthy eating and enables pupils to make informed choices about what they eat and drink.

Aim

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





To enable pupils to make healthy food choices.

Objectives

-  To influence the eating habits of pupils, staff and the whole school community by increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
-  To discourage the consumption of food and drinks which are unhealthy.
-  To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
-  To establish a food week in school to promote healthy eating and drinking messages.
-  To collaborate with the School Council in order to keep coming up with new ideas to encourage healthy eating among their peers.
-  To use the school's House System to promote healthy eating.
-  To introduce and promote practices within the school to reinforce these aims and objectives and to remove or discourage practices that negate them.

Curriculum

In Strandtown Primary School, healthy eating is addressed through:

-  World Around Us topics
-  PDMU units
-  Religious Education
-  Assembly – teacher led or outside visitor

Pupils who are in the Gardening Club and Eco committee have the opportunity to grow their own vegetables and herbs. Compost is produced as part of our recycling scheme. During club afternoon children are involved in gardening around the school.

The curriculum is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom will offer a rich variety of opportunities for participatory learning.

Leading by example and staff training

Teachers, Classroom Assistants, Canteen Staff and the school nurse have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Staff are encouraged to model good practice to pupils.

Health promotion agencies

The school appreciates the valuable contribution of outside agencies, in supporting class teachers in promoting healthy eating. A variety of healthy lifestyle programmes will be presented annually in school by various organisations.

Resources

Some resources for the teaching of healthy eating are available in the classrooms and from the school library. We endeavour to create a permanent healthy eating display in the dining hall as well as frequent school displays promoting the subject.

Food and drink provision during the school day

Healthy Break Scheme

Currently all children bring their own break to school. Parents will be reminded at the start of each academic year that the school has a healthy eating policy in place and they are provided with a list of suggestions for suitable healthy breaks. Parents are strongly advised and encouraged to send only a healthy break to school for their child with an opportunity for a treat on Friday. Sporadic healthy break checks will be carried out to allow children to gain points for their House Group. The House Group with the most healthy eating points will be celebrated in assembly.

School Dinners/Packed Lunches

The school adheres to the nutritional guidelines laid down by both the Nutritional Standards for Healthy School Lunches and the Nutritional Standards for Other Food and Drinks in School. Catering staff have undergone appropriate food hygiene training and the kitchen meets food safety requirements. The school encourages parents and carers to provide children with healthy packed lunches. Occasional lunch box suggestions will also be sent out to parents.

Water

Children are encouraged to drink water throughout the day.

Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement are preferred.

Special Dietary Requirements

The school provides food in accordance with pupils' religious and cultural practices. It takes account also of pupils with food allergies or other medical conditions. Staff are made aware of such children.

Food Safety

Appropriate food safety precautions are taken when food is handled, prepared or stored in school. These include ensuring that adequate storage and washing facilities are available; that food handlers undergo food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Parent's permission will be sought prior to food tasting activities.

Special Events

Birthdays and special events such as Christmas parties in class are times when food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an 'occasional' treat and not 'every day food'.

Nuts

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.

The role of the SLT and subject co-ordinators

It is the responsibility of the SLT to ensure that staff and parents are informed about the healthy eating policy, and that it is implemented effectively.

It is the co-ordinators role to ensure that staff are given sufficient training, so that they can teach effectively.

The co-ordinators liaise with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.

The co-ordinators monitor teaching and learning about healthy eating. The co-ordinator oversees the content of the curriculum to ensure that all pupils have the opportunity to learn about healthy eating.

The co-ordinators encourage positive role models amongst the staff.

The co-ordinators oversee the healthy break scheme.

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 the healthy eating policy and practice so that parents can support the key messages being given to children at school.

The role of Governors

The governing body is responsible for monitoring the healthy eating policy. The governors support the Principal in following guidelines from external agencies.

Monitoring and Evaluation

The effective implementation of this policy will be monitored by the SLT, the Principal and the governing body.

The policy will be evaluated after two years through a survey of the views of the whole school community, particularly the views of pupils. This will take place through assemblies, in class discussion and school council.