

Healthy Eating Policy

Patrician Primary School

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting personal development and a healthy lifestyle.

By encouraging healthy eating patterns we educate children for later life.

Healthy eating is also part of our Green Schools Programme.

Objectives:

The objectives of this policy are to enable the child to;

- appreciate the importance of good nutrition for growth, development and good health.
- accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Healthy Lunch Options:



The following guide is designed to help in choosing a quick, appetising, and nutritious lunch.

WATER IS THE ONLY COLD DRINK ALLOWED IN SCHOOL

During periods of cold weather, hot drinks are allowed. These should be in a screw top flask.

Foods not allowed in school:

- Nuts of any kind (e.g. peanuts, cashews etc) or foods that contain nuts (e.g. peanut butter, Snickers bars)
- Fizzy drinks
- Sweets
- Chocolate biscuits/bars,
- Chewing gum
- Crisps
- Pre-packed lunch kits
- Fruit Winders
- Popcorn
- Lollipops
- buns
- cakes
- pastries

Food Hygiene and Safety

Every pupil in the school should have a lunchbox with his/her name on it.

Water bottles are to be taken home and washed daily.

Exemptions:

- Children may be allowed a small treat on Friday. (Suggestions include a mini-bar, biscuit or bun) Nuts, lollipops, chewing gum and popcorn are not allowed.
- Children may be allowed to have a treat day at end of term parties.
- Teachers may give children a sweet treat on occasion, in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats will be used prudently by teachers will not interfere with the health of the children.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children.
- Encourage healthy eating.
- Inform the school of any child's special dietary needs.
- To co-operate with school's Healthy Eating Policy.

Role of Children:

- To eat their lunch.
- To bring home any and all uneaten lunch/packaging.
- To help make their lunches and remind parents of the Healthy Eating Policy.
- Not to bring chewing gum, crisps, chocolate bars or sweets to school (apart from exceptional days, as noted above).

Role of School:

- To promote and encourage healthy eating.
- If children bring prohibited foods to school they will not be allowed to eat them while in school. Such foods may be confiscated indefinitely. **If children have these foods and no other food or no food for their lunch a lunch will be provided by the school for these children.**

Implementation:

This policy will was originally implemented from 1st September 2011 and reviewed in September 2022. As part of the Social Personal and Health Education curriculum, reasons for healthy eating will be discussed with the children regularly by staff.



Appendix 1: The Food Pyramid

Fats, sugars, sweets etc.:	Sparingly
Meat, Fish, Peas/Beans:	2 portions per day
Milk, cheese, yoghurt :	3+ portions per day
Fruit & vegetables:	4+ portions per day
Bread, cereals & potatoes :	6+ portions per day