

CASTLEROE PRIMARY SCHOOL



HEALTHY FOOD POLICY

Aims

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

Objectives

Our objectives are to:

- evaluate our curriculum to ensure that information relating to food and nutrition is being delivered across the curriculum, is consistent and up-to-date
- consult with parents on an on-going basis regarding their interest in breakfast club
- establish food promotion events in school
- maintain a healthy breaks policy
- promote a healthy lunchbox policy
- to ensure that children have a range of after-school physical activities to promote a healthy lifestyle

Action

We will meet our objectives by:

- monitoring and evaluating the formal curriculum – teachers will indicate areas where they have included food based topics and the importance of healthy food
- holding a parents' evening where healthy food policy will be an agenda item
- rewarding pupils for healthy breaks
- promoting healthy lunchboxes by inviting children to enter competitions
- linking with health promoting events e.g. charities (British Heart Foundation – jump rope)
- sending a member of staff to a one day basic food hygiene course
- encouraging healthy eating at social events related to school and after-school clubs
- having special events e.g. 'make your own snack' day
- enhancing menus distributed to pupils and displayed in school
- continuing to promote healthy eating through art displays

We recognise that pupils coming from different cultural backgrounds may restrict/enhance the young person's health choices.

Healthy Eating Policy

In Castleroe Primary School we operate a healthy break system. Please choose from the following foods for mid morning break.

Bread e.g. pancakes, scones sandwich (with a healthy filling e.g. ham, chicken.

Fruit

Vegetables

The following foods are not counted as healthy breaks:

Cheese (because of high salt/fat content)

Dried fruit e.g. raisins (high in sugar)

Yoghurts (high in sugar)

Biscuits (high in sugar/fat)

Lunchtime

Please send a healthy packed lunch and encourage your child to have no more than one sweet item. Fizzy drinks should not be consumed in school.

Some ideas can be found here on preparing a healthy packed lunch:

<https://www.wikihow.com/Make-a-School-Lunch>

Covid19 Addendum

Despite these difficult and uncertain times Castleroe Primary School continues to work to take all reasonable steps to provide safe and healthy conditions for staff (including agency staff), pupils and others who may be affected by its activities and will take all necessary steps to ensure compliance with all relevant health and safety legislation.

We are committed to doing this in a way that protects the safety and security of everyone, and will put the following measures in place to ensure the safety of the community when eating.

- Everyone will wash their hands thoroughly before entering the dinner hall or eating at their stations room and eating.
- All surfaces and will be sanitised before pupils/staff eat at them.
- Food will not be shared between pupils.
- Pupils and will bring packed lunches, drinks and snacks to school in either disposable containers that they will dispose of themselves, or hard plastic containers that they will take home and sanitise daily.
- Pupils should bring lunched to school that they can manage independently, however staff will assist them if required.
- When having a school meal pupils will be served by staff wearing PPE who have had full training in how to don and dispose of it.