

Stewartstown Primary School's



Healthy Eating Policy

STEWARTSTOWN PRIMARY SCHOOL

WHOLE SCHOOL HEALTHY EATING POLICY

Aim

To promote the health and well-being of pupils and staff through all aspects of food and nutrition.

Objectives

Break-time

- Continue to implement a healthy break initiative throughout the whole school, whereby crisps, chocolate, fizzy and other sugary drinks are discouraged.

Lunch

School Meals will be provided in line with SELB policy.

- Chips and other fried products are only served once per week
- Chopped fruit will be provided once per week
- Fruit and yoghurt will also be available as part of these choices

Packed Lunch

- Dietetic written advice is available for parents regarding healthy lunch box choices.

Water provision in School

- A drinking fountain is situated in the main corridor of the school and outside P1-2 classroom. Pupils will be encouraged to drink water regularly throughout the day.
- P5 - 7 pupils are encouraged to have their own bottle of water in class
- Staff are encouraged to lead by example

Reward Systems in School

- The use of sweets etc as rewards is discouraged in the class

Social Events/Parents Evenings

- Food and drinks that are provided at these events should be healthy and nutritious.

Monitoring and Evaluation

The whole School Healthy Eating Policy will be monitored and evaluated on an ongoing basis through consultation with pupils, staff and parents.

Review

The Board of governors will annually monitor and evaluate the effectiveness of this policy as part of a timetabled, on-going process.

Signed: _____ (Chairman BOG)

Date: _____