

Healthy Eating Policy

The Aims Of Our Healthy Eating Policy:

1. To develop awareness in pupils that eating habits formed in early childhood can influence their health and well being throughout their lives.
2. To improve the current eating habits of some of the children.
3. To influence positively the future eating habits of the children.
4. To facilitate improved concentration and learning.

How We Achieve These Aims: Whole School Approach

(a) **Formal Learning;** The children will learn about healthy eating as part of their Social, Personal and Health Education (S.P.H.E) Programme. During specific lessons time will be spent familiarising the children with good nutritional practices. Emphasis will be placed on learning about the “Food Pyramid” which will show the children the different food groups. Pupils will be encouraged to choose from the food groups that will ensure an adequate intake of all necessary nutrients.

(b) **Informal Learning;** Pupils will be praised for having healthy lunches-and healthy attitudes. Emphasis will be placed on what is a ‘good’ lunch. A whole school attitude to healthy eating will be encouraged. This will be informally expressed in school attitude. The teachers’ role is to educate and encourage but ultimately it is the responsibility of parents to implement the healthy eating programme.

(c) **Curriculum Support;** Use of outside Speakers from Health Board to support healthy eating. Poster Competitions. The use of colourful and fun posters around the school adds to a good food atmosphere.

Healthy Lunches:

In accordance with the guidelines of the Food Pyramid, healthy lunches should include some of the following;

- A protein filled sandwich/roll/wrap (e.g. cheese, cold meat, tuna, egg etc.).
- At least one piece of fruit.
- Healthy Drinks e.g. milk, water, natural fruit juice.
- Yoghurt or yoghurt drinks.

General:

- On Fridays only, children may bring one treat item to school.
- Fizzy drinks and chewing gum are not allowed in school.
- Each child is to have a lunchbox and take all rubbish home.