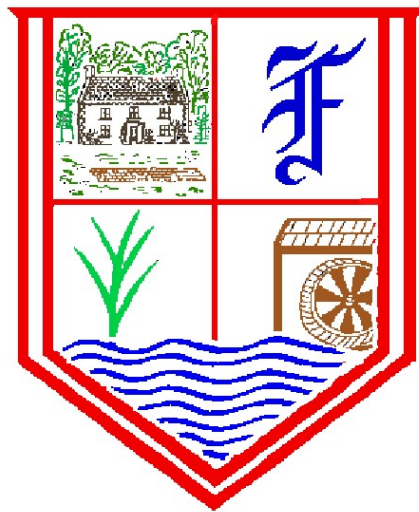


Fairview Primary School



Healthy Eating Policy

Ratified – November 2019
Last Reviewed – September 2026
To be reviewed – September 2028

HEALTHY EATING POLICY

In this policy, the term parent refers to the adult or adults with parental responsibility.

A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis. In Fairview Primary School it is our policy to promote and encourage healthy lifestyles and consequently healthy eating at break time and lunch time. Our canteen promotes healthy eating as the meals provided at lunch time take into account the nutritional guidelines put in place by the Department of Education N.I. and the Education Authority.

AIMS

Fairview Primary School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role it can play within the wider community to promote family health.

Fairview Primary school aims to:

- Improve the health of children, staff and their families by helping to influence eating habits through increasing knowledge
- Increase awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- Present consistent, informed messages about healthy eating within school through all school practices.

At Fairview, healthy eating is delivered within a whole school approach which may include:

- Topic work/special projects
- Planned aspects of Personal Development and Mutual Understanding (PDMU), the World Around Us and other curriculum areas;
- Special assemblies
- Visits by agencies, e.g. the Dairy Council and Cancer NI
- Pastoral time (Eg., Circle Time); and
- Extra curricular activities
- Healthy Living Fortnight when a variety of events and activities are scheduled for pupils and parents
- Pupil of the Month focus in January is on 'Healthy Living' incorporating healthy eating

IMPORTANT NOTICE:

FAIRVIEW PRIMARY SCHOOL IS AN ALLERGY AWARE SCHOOL ENCOMPASSING A 'NUT FREE ZONE'.

It is school policy that pupils and staff do **not bring nuts or nut based products to school**. We have children enrolled at our school that may suffer an anaphylactic shock if they come into contact with nut products or nut based products.

PUPILS

As part of our 'Healthy Eating' policy, pupils are encouraged to:

- Bring a healthy break to school each day;
- Eat fruit, vegetables, dairy products or bread based products at break time and lunch time;
- Drink non sugar based drinks;
- Bring water to class to drink throughout the day. The children should use a bottle with a pop up lid in order to avoid spillages.
- Bottles can be refilled at designated times in Room 22

STAFF

As part of our 'Healthy Eating' policy, all staff are encouraged to:

- Eat fruit, vegetables, dairy products or bread based products at break time and lunch time;
- Drink non sugar based drinks, water, tea or coffee at break time and lunch;

SCHOOL MEALS

As part of our 'Healthy Eating' policy the school's catering staff provide:

- Meals that follow the guidelines provided in the publications, *'School Food, Top Marks Nutritional Standards for School Lunches'*, *'Nutritional Standards for other Food and Drinks in Schools'* and *'School Food, the Essential Guide'*.
- Milk or water for the children to drink;
- Fresh fruit with every meal;
- Meals that are low in salt content;
- A menu for parents to refer to;
- Salt is not available to be used by the children on their meals.

HEALTHY BREAKTIME SNACKS

Children at the school can access Healthy Break Time Snacks which is run by the canteen. Healthy items such as fresh crusty bread, pancakes, scones and fresh fruit are available daily.

PACKED LUNCHES

Parents and carers are encouraged to provide well balanced healthy packed lunches for their children. Fizzy sugar-based drinks should not be included in the children's packed lunches.

SPECIAL DIETARY NEEDS

In consultation with parents, a child's dietary requirements devised by a dietician will be adhered to. If any issues arise, teachers will consult parents or relevant health professionals for advice.

Meal provision by the canteen also reflects religious, ethnic and vegetarian needs of pupils and staff. Healthy eating messages are reinforced throughout the school year as part of the delivery of the curriculum.

DISSEMINATION OF THE POLICY

All staff members and school governors receive a copy of this policy. The policy is also available to all pupils enrolled at the school and their parents via the school website.

MONITORING, EVALUATION AND REVIEW

The effectiveness of this policy will be monitored and evaluated on a two yearly cycle. The next review will take place in the Summer term of 2028. Its effectiveness will be assessed in consultation with staff (including the canteen), governors, parents, pupils and the relevant health promoting agencies.