



BALLYORAN PRIMARY SCHOOL

Food In Schools Policy

February 2017

Introduction

The Vision for Ballyoran Primary School states

‘As a welcoming Inclusive School we aim to provide a safe, happy, caring and stimulating learning environment which will enable each child to develop to his or her full potential - academically, socially, emotionally, physically and spiritually, in preparation for becoming responsible citizens.’

This policy will help realise the school vision in relation to the physical development of the pupils.

Ballyoran Primary School is a Health Promoting School and actively supports healthy eating and drinking throughout the school day.

This Policy has been drafted in line with the Department of Education’s Food In School Policy which has both mandatory and discretionary elements:

Mandatory

Schools must:

- Ensure that food meets the nutritional standards
- Ensure that pupils learn about food
- Ensure that water is accessible for all pupils throughout the day

Discretionary

Schools may:

- Implement a Healthy Breaks Policy
- Determine what is allowed in lunchboxes
- Decide if pupils are allowed to go home at lunchtime

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

Objectives

- § To ensure a whole school approach to Healthy Eating and Drinking.
- § To encourage children to develop healthy patterns of behaviour.
- § To make children aware of the ways they can keep their bodies healthy and the consequences of not doing this eg the dangers of childhood obesity.
- § To ensure that staff, students and parents are aware of current issues related to health and food.
- § To ensure that effective links are made between teaching on nutrition and physical education.
- § To raise awareness about healthy eating and drinking through the curriculum.
- § To make the most of outside organisations that can support our intentions.
- § To provide information about how to eat well.
- § To encourage pupils to eat a wide variety of foods.
- § To encourage pupils to drink water throughout the day.
- § To ensure that our school meals provide tasty choices and meet the Nutritional Standards for school meals.
- § To ensure that children who are entitled to free school meals avail of this entitlement.
- § To have a mealtime environment that encourages the positive social interaction of pupils.

Strategies

We will meet our objectives by implementing the following strategies:

Healthy Eating

Breakfast

- The School operates a Breakfast Club which offers pupils a healthy breakfast every school morning at an affordable cost.

Break

- We operate a Healthy Breaks Policy.

Suitable healthy break snacks

- Pieces of fresh fruit
- Fruit pots of sliced or chopped fresh fruit
- Canned fruit in natural juice
- Salad pots
- Raw vegetables such as tomatoes, carrots, celery, peppers and cucumber
- Bread, pancakes or scones with a thin spread of margarine
- Breadsticks or crackers with cheese
- Sandwiches, bagels, baguettes, pitta bread, tortilla wraps or rolls
- Yogurts

Not allowed at break

- Any type of confectionery, eg chocolate products and sweets
- Crisps and crisp-like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers
- Cakes, buns or pastries
- Cereal or fruit bars
- All biscuits
- Fizzy drinks
- Dried fruit that has been sugared or coated in yogurt or chocolate;
- Pretzels
- Nuts

On the last day of every term pupils are permitted to bring an 'Unhealthy Break.'

Lunch

- Every month a school dinner menu is sent home to parents and is available on the school website.
- The Cook ensures that there are healthy options available on a daily basis.
- The menu meets the Nutritional Standards for school meals and includes vegetables and fruit.
- Yogurt and fruit are available every day.
- Foods are oven cooked as opposed to fried.
- Chips are only available once per week.
- We encourage parents who send packed lunches to ensure that the lunch contains healthy options eg leaflets are made available to them.
- The school encourages those parents entitled to Free School Meals to take them.

Healthy Drinking

- Water is accessible to all pupils and staff throughout the day - coolers for pupil and staff use are located throughout the school
- We encourage all children to bring a bottle of water to school with them every day as it has been shown to benefit health and concentration.
- Fizzy drinks are not permitted in school.
- Milk is given to every pupil from Nursery to Year 2 every morning and can be bought, at an affordable cost, by all other pupils as part of the Department of Education's European Milk Subsidy Scheme.
- Milk and water are available every day at lunchtime for those children who are taking school dinners.

Other

- Ballyoran Primary School is currently 'Nut Free'
- Healthy Eating and drinking are promoted in the Curriculum through Personal Development and Mutual Understanding (PDMU) and World Around Us (WAU).
- Outside businesses/organisations are used when appropriate eg Tesco's 'Farm to Fork' initiative.
- Books on various aspects of Healthy Eating and Drinking can be found in the school and class libraries.
- Pupils in the Nursery and Learning Support Class are made aware of the importance of oral hygiene by visits from the School Dentist.
- Cookery is offered as an extra-curricular activity.
- Literature on Healthy Eating is made available to parents when appropriate.
- It is the exception and not the norm that sweets are used as a reward.
- Parents are not permitted to send home made cakes into school for health and safety reasons.
- Staff who take responsibility for food have completed basic food hygiene training.

Allergies

The school keeps a Food Allergy Register and it is the responsibility of parents of pupils with food allergies to inform the school about these. The school will in turn make the kitchen aware of this.

Monitoring and Evaluation

We will monitor and evaluate progress through:

- Pupil Council
- PDMU/WAU co-ordinator monitoring planners to ensure Healthy Eating and Drinking is being covered.
- Teachers being able to identify food based topics through other schemes of work.
- Breakfast Club co-ordinator reporting on the number of pupils using service.
- Parent Questionnaires
- Discussions between the Principal and the Unit Catering Manager

Links to Other Policies

This policy works in harmony with:

- Healthy Living
- Pastoral Care
- PDMU
- WAU
- PE
- Lunchtime
- Positive Behaviour Management

Policy Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, education and library board representatives, community dietitian and local school nurses. It will be reviewed as and when necessary.