

St. Catherine's Primary School



Food in School Policy

Agreed by Staff :
Presented to B.O.G :

Chair of Board of Governors _____
Date _____

Our school actively supports healthy eating and drinking throughout the school day. This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, Education and Library Board representatives, local school nurses, Western Health and Social Care Trust and the D.E.N.I. Food Policy.

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 and to improve oral health in our children, through the implementation and maintenance of a Healthy Break Time / Lunch Box Challenge.

School Objectives

- At break time children should eat a piece of fruit, vegetables, (eg. carrot sticks), cheese, bread / sandwiches, pancakes, scones, yoghurts (without chocolate), crackers or other healthy options. Please see the attached 'Appendix' for our full list of healthy options.
- Food containing nuts or kiwi will not be eaten at school to allow for children with a nut / kiwi allergy.
- At lunch time children's lunch boxes should consist of at least one healthy portion from each of the four main food groups
 - Bread, cereals and potatoes
 - Fruit and vegetables
 - Milk and Dairy Foods
 - Meat, fish and alternative
- Children will be encouraged to reduce their daily fat, sugar and salt intake.
- Parents will be encouraged to support the school's healthy break time/ lunch box policy by sending only healthy food with their child/children to school. **Children will have a "Treat Day" every Friday which means that they can bring ONE treat in their lunch box at lunchtime. However it must be noted that chocolate, nuts or kiwi cannot be permitted on this day for medical reasons.**
- Children are encouraged to bring a bottle of water to school each day. Water is the only drink available for "Brain Break Hydration" purposes during the school day in class. No other drink is allowed. Please ensure water bottles are washed regularly, due to hygiene reasons. Bottled water is available to buy in the canteen in the morning and at dinner-time.
- Fizzy drinks are not allowed at break-time or for lunch.

- Hot liquids are not allowed to be brought to school for break-time or for lunch, due to health and safety reasons.
- Children will be educated on nutrition and healthy eating.
- The formal curriculum will be reviewed regularly to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Work with the school caterer to continue to promote a healthier breakfast club, serving a range of items.
- Establish a food week in school to promote healthy eating and drinking messages.
- Ensure that teachers/classroom assistants who are taking responsibility for food in the classroom have basic food hygiene training.
- Our staff and Board of Governors are committed to our policy on Healthy Break/Lunch Times.

Action

We will meet our objectives by:

- Formal curriculum: ensuring that food based topics are taught across general learning areas.
- Healthier breakfast club: working with our school caterer on a menu of breakfast options at a reasonable cost. Publicising our breakfast club in our school newsletter and through poster advertising in the school corridors.
- Food week: running fruit and vegetable taster sessions. Having a food related competition.
- Linking with health promoting national events, such as Smile Week for Oral Health, World Cancer Awareness, etc.
- Continuing professional development: sending teacher/classroom assistant in charge of food on a one day basic food hygiene course.

Monitoring and Evaluation

We will monitor and evaluate progress through:

- Formal curriculum: teachers being able to identify food based topics through schemes of work.
- Healthier breakfast club: school caterer reporting on the number of pupils using the service. Asking pupils, parents and teachers their thoughts about the club and the range of food provided.
- Food week: principal presenting certificates or prizes in school assembly. Displaying photographs in the school newsletter.

SIGNED:

Principal

Date: _____



Appendix

<i>Foods we consider acceptable:</i>	<i>Foods that are not acceptable:</i>
Fruit (except kiwi)	Nuts or any other products with a nut content / trace
Fruit pots	Crisps
Rice pots	Sweets
Custard pots (not chocolate flavour)	Chocolate Bars
Jelly pots	Chocolate yoghurts
Vegetables (eg. carrot sticks / celery sticks)	Chocolate Muller Corners
Sandwiches (no chocolate spreads or no peanut butter)	Chocolate biscuits
Scones	Chocolate chip cookies
Wheaten bread	All cereal bars
Pitta bread	Square Bars
Tortilla Bread	Lunchables
Pancakes	Iced Buns
Croissants (no chocolate brioche)	Pepperami
Plain buns	Fruit Winders
Ryvita / crispbreads	
Yoghurts	
Plain biscuits: Rich Tea, Digestives, Plain Crackers and Belvita Plain Biscuits	
Cheese / Dairylea Triangles / Cheese Slices / Baby Bel / Cheese Strings	
Breadsticks / Pretzels	
Rice Cakes	
Snack a Jacks	

<i>Foods that are not acceptable:</i>	<i>Reason Why:</i>
Nuts or any other products with a nut content / trace	We have children with a nut allergy
Crisps	High fat and salt content
Sweets	High sugar content
Chocolate Bars, chocolate yoghurts, chocolate Muller Corners, chocolate biscuits and chocolate chip cookies	High sugar content and many brands of chocolate contain traces of nuts
All cereal bars and Square Bars	High in sugar and fat content
Lunchables	High sugar content
Iced Buns	High sugar content
Pepperami	High fat content
Fruit Winders	High sugar content

This policy will be reviewed annually.