



Ballymoney Model Controlled Integrated Primary

"Learning for Tomorrow"

Healthy Food for Healthy Outcomes Food in Schools Policy

Circular Number 2013/21

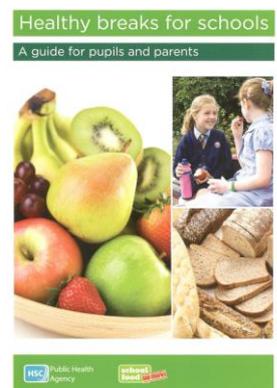
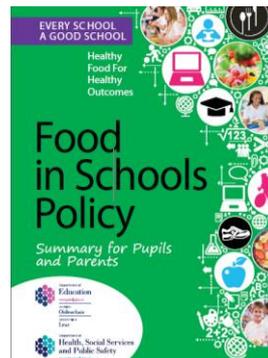
(Created May 2015)

Introduction

Ballymoney Model Controlled Integrated Primary School is committed to encouraging and developing positive attitudes towards food and a healthy diet.

In accordance with the latest circulars and documents distributed to schools:

- 'Food in Schools'
- Healthy breaks for schools
- 'School Food – Top Marks programme' and



- 'The Nutritional Standards for School Lunches' document,

the school recognises the important role which it can play in contributing to childhood nutrition and the development of the knowledge and skills necessary to make healthier food choices.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents & carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provisions in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Organisation – Curriculum:

- We regard healthy eating education as a whole-school issue and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of nutrition and healthy food choices is explicitly taught through the curricular areas of the World Around Us and Personal Development Mutual Understanding (PDMU).
- All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the World Around Us.

Organisation – Management of Eating:

At Ballymoney Model Controlled Integrated Primary School, we have agreed the following statements:

- Pupils will be encouraged to eat a piece of fruit, vegetables, yogurt or toast (when available) at break time.
- All children are encouraged to bring a water bottle to school and have access to filtered and chilled water during the day.
- Chocolate, sweets, biscuits, crisps and cakes are actively discouraged as snacks in school. Chewing gum and fizzy drinks are not permitted to be brought by any child (with the exception of diabetics for emergency drinks).
- Pupil's lunch boxes should offer balanced nutrition. Parents are encouraged to offer a variety of healthy foods with might include – sandwiches, fruit, yogurt, and a treat e.g. a biscuit/bun etc.
- Because we recognise that there is no such thing as 'bad food' we will teach the children to enjoy treats in moderation.
- Birthdays, special events, parties and fairs are times when food contributes to a sense of celebration and sharing. On these occasions foods outside the normal routine may be offered.
- The school community is aware of food allergies within the school population. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable foods and which must be avoided. This information will be displayed in the school office, medical room and school kitchen.
- Pupils are taught not to share packed lunches and parents are reminded that products containing NUTS are not allowed in school. Parents are reminded of this through termly notes. Ballymoney Model Controlled Integrated Primary School cannot guarantee that all parents will comply with the request but has made every effort to warn parents of the danger to pupils in school.
- Portion – no child is MADE to finish all the food that they are offered because we understand that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can, to ensure that they are not hungry later on in the day.

School Meals:

- The school meals service is offered through the meals kitchen on site. We work closely with our School Cook and the School Meals Service, to ensure that the healthiest possible choices of salad and fresh fruit as part of the main meal. There are strict guidelines determining the meals which are available during the course of the week and these are in accordance with the 'Nutritional Standards for Schools Policy'.
- The school lunch menu is displayed in school, sent home to parents and displayed on the school website so that parents can discuss meal choices.
- The School Cook will monitor the quality of meals and how pupils are responding to the menu on offer.

Ballymoney Model Controlled Integrated Primary School aims to.....

- Respect our pupils as customers
- Give the children time and space to eat in a calm and attractive environment
- Help them to see that enjoying food and eating meals with others contributes to a happy lifestyle
- Encourage them to find out more about achieving a healthy balance
- Promote school food to children and parents

Dinner Hall Organisation:

- The dinner hall is well staffed with supervisors who assist the children in a variety of ways.
- The tables and seating are bright and attractive and allow for the pupils to sit with their class friends promoting the idea that lunch times are a happy, social occasion.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat.

This will be achieved by-

- Sitting with their class friends.
- Being encouraged to try a wide range of foods at lunch times to develop a taste for a greater variety of foods and achieve a balanced diet.
- Entering and leaving the dining hall in an orderly way; to show respect for other diners.
- Demonstrating good manners in the hall e.g. using quiet voices and saying "Please" and "Thank You" to the kitchen staff, supervisors and other pupils.
- Seeking permission from a member of staff before leaving the hall for any reason.

The Role of the Principal, World Around Us Co-ordinator, PDMU Co-ordinator and School Council:

- It is the responsibility of the Principal to ensure that staff and parents are informed about the Healthy Food for Healthy Outcomes Food in Schools Policy and that the policy is implemented effectively.
- The Principal will liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
- It is the role of the World Around Us Co-ordinator and Personal Development and Mutual Understanding (PDMU) Co-ordinator to ensure that staff, are given sufficient training so that they can teach about healthy eating effectively.
- The World Around Us Co-ordinator and PDMU Co-ordinator will monitor the teaching and learning about healthy eating. They will also oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.

The Role of Parents:

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school, through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform the parents about the school's healthy food for healthy outcomes food in schools policy and practice.
- Encourage parents to be involved in supporting the school policy.
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.

The Role of Governors:

- The Board of Governors are responsible for monitoring the healthy food for healthy outcomes food in schools policy.
- The Board of Governors support the Principal in following guidelines from external agencies and DENI.

Monitoring and Evaluation:

- The effective implementation of this policy will be monitored by the Principal, World Around Us Co-ordinator, PDMU Co-ordinator, Board of Governors and the School Council
- The policy will be evaluated after one year through a survey of views of the whole school community, particularly the views of pupils. This will take place through assemblies, in class discussion and by the School Council.

SUITABLE HEALTHY BREAK SNACKS

(As advised within the leaflet 'Healthy breaks for schools')

- Fresh fruit
- Fruit pots with sliced or chopped fresh fruit
- Salad pots eg lettuce, tomatoes, cucumber and celery
- Vegetable snacks eg chopped or sliced carrots, peppers or sugar-snap peas
- White or wholemeal bread
- Rolls or baguettes
- Toast
- Plain bagel
- Wheaten, soda, potato or pitta bread
- Plain bread sticks or crackers
- Small sandwich

NOT ENCOURAGED AT BREAK TIME

- Any confectionery – chocolate, sweets etc
- Crisps or potato snacks
- Nuts
- Cakes or buns
- Biscuits
- Fruit tinned in syrup
- Dried fruit (eg raisins, sultanas)
- Processed fruit bars
- Cereal bars
- Sweetened bread and pastries eg pancakes, scones (plain and fruit), fruit bread, malt loaf, broche, croissants and Danish pastries
- Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth.

CHECKLIST

Our School ensures that: -	YES	NO
1) We do not sell confectionery	√	
2) We provide cakes & biscuits only at lunch time as part of a meal	√	
3) We do not provide savoury snacks	√	
4) At certain times of the year toast is available to purchase from the School Meals Kitchen	√	
5) Children have access to chilled, filtered water	√	
6) No drinks other than water and milk are available	√	
7) We restrict fried or other high fat foods	√	
8) We only provide chips or similar foods once per week	√	

Date: June 2015

Review Date: June 2017

Approved by the Board of Governors: 203rd Meeting – 2nd June 2015