



# Healthy Eating Policy

FEBRUARY 2019



'Nurturing and inspiring every child towards success.'

## **Aims and Values**

Article 24 of the United Nations Code rights of the child states, 'Children have the right to...nutritious food...so that they will stay healthy.'

'Being overweight or obese increases the risk of life threatening disease... 1 in 4 children is now carrying excess weight.' (Department of Health 2012)

Rosetta Primary School wishes to encourage children to have a balanced view on food and make good choices, as part of leading a healthy lifestyle. A survey of parents' views was carried out (February 2018) and as a result, this guidance has been drawn up.

Rosetta Primary School is committed to developing positive attitudes towards a healthy diet. Food is a vital part of our lives, and we want the children to understand that nutritious food is necessary for a healthy body, but also has a great impact on their ability to learn. By encouraging healthy eating within school, we hope that the children will make informed healthy choices about their diet outside school too.

## **Breakfast**

Eating breakfast is essential to a good start to a child's day. It gives the children energy to concentrate well and maximise their learning opportunities. Bumbles Day care provides a Breakfast Club in school from 7.45 a.m. daily.

## **Mid-morning snack**

We see this as an opportunity for children to 're-fuel'; suggestions for a healthy snack are below:

### **To drink:**

Milk or water

### **To eat:**

**One** of the following:

A portion of fruit or vegetable (it may be helpful for younger children to have this prepared e.g. a peeled orange, a sliced apple, carrot sticks)

Fruit pots in natural juice

Bread based snacks e.g. a roll or plain scone

Natural or fruit yoghurt or fromage frais

Cheese and crackers or breadsticks

The nutritional evidence says children should have a healthy breakfast before coming to school to aid concentration. We know not all children enjoy breakfast, but please bear in mind they have about 10 minutes to eat their snack and do not send enough food for a packed lunch!

## **Lunch**

Children have the option of eating a school dinner, or bringing a packed lunch. School meals are freshly prepared in the on-site canteen and follow the nutritional guidance below

<https://www.education-ni.gov.uk/articles/nutritional-standards>

<http://www.eani.org.uk/i-want-to/find-out-about-school-food/>

If you wish to send a packed lunch for your child, please ensure it is balanced and contains a variety of foods e.g. sandwiches, filled wraps or rolls, fruit and/or raw vegetables, salads and a suitable drink. Treats, e.g. crisps, biscuits, sweets, should not be an everyday occurrence, when you choose to include one, please make sure it is only one item.

## **Drinks**

- Milk and water (tap or still) are the most suitable drinks
- Fizzy drinks are NOT permitted

From P3-P7, children may keep a bottle of water on their desk providing it has a sip/ seal or sports cap type lid.

Please check food labels for fat, sugar and salt levels – some foods marketed as healthy may not be!

## **Foods to Avoid**

- Sweets and chocolate
- Biscuits
- Crisps
- Pastries and cakes

As a school, we will encourage children to eat a healthy, balanced diet. We will not send home food which we do not consider to be healthy, but there will be rewards for children who bring healthy food. This may take the form of sticker charts or class competitions.

