

Healthy Eating Policy

Our Lady's Primary School

May 2021



POLICY STATEMENT

In Our Lady's Girls', we have a primary responsibility for the health and welfare of the children in our care.

"Children have the right to be as healthy as possible, live and play in a safe, healthy unpolluted environment and benefit from preventive health care and education".

(Article 24 U.N. Convention on the Rights of the Child)

The policy in our school is to provide and maintain a healthy lifestyle, so far as reasonably practicable, for all our staff and pupils and to encourage a health-conscious outlook.

AIMS

In Our Lady's Primary we want to encourage healthy eating amongst all staff and pupils. This policy has been created in consultation with health professionals and the Board of Governors are committed to it. We aim to:

- improve upon the children's knowledge of nutrition
- promote food hygiene and cleanliness by washing hands prior to eating & after using the bathroom
- encourage our Healthy Break initiative
- endorse the drinking of milk and water
- promote more nutritional food during lunchtimes

PROMOTING HEALTHY BREAKS THROUGHOUT OUR SCHOOL

As part of our Healthy Eating policy **children:**

- ☒ Will eat **only one** snack item of fruit, vegetables, yoghurt or bread based products at break time (yogurt should not contain chocolate or fudge lumps)
- ☒ Will drink **only** milk or water at break time

As part of our Healthy Eating policy **school staff:**

- ☒ Will eat a healthy break at break time
- ☒ Will drink milk, water, tea or coffee or a healthy alternative at break time

As part of our Healthy Eating policy, **school catering staff:**

- ☒ Will only supply foods and drinks that are permitted (meat, fruit, vegetables, bread based products, milk and water)
- ☒ Will not use sugary spreads such as jam, honey or marmalade
- ☒ Will use butter/spread sparingly

As part of our Healthy Eating policy, **our Breakfast Club will offer:**

- ☒ a healthy selection of cereal, toast, eggs, fruit beans and yoghurt
- ☒ drinking water, milk and on occasion, orange juice

N.B. On rare occasions, break items may vary from the recommended list and may include sweet treats.

PROMOTING HEALTHY LUNCHES AND DINNERS

Pupils will be praised for including healthy choices in their lunchboxes on a daily basis and will be encouraged to limit the number of sugary items to one.

A number of incentives will take place throughout the year to promote healthy breaks and lunches. These will include competitions such as *'Eat Them to Defeat Them' Art Competition*, spot prizes and the distribution of healthy food stickers.

Dinners are made on the school premises by staff in Our Lady's Primary Meals Kitchen. All food prepared for school dinners follow correct guidelines. Dinner menus are supplied to parents. Chips are supplied once a week or on occasion, twice a week. Milk, bread and fruit are also supplied daily.

The head cook works in collaboration with members of school staff, to promote healthy eating, through a range of schemes and competitions.

PARENTS

As part of our Healthy Eating Policy:

- ☒ We will work in partnership with our parents and provide them with information on
the foods and drinks that are suitable for a break time snack
- ☒ We will encourage our parents to supply a nourishing and healthy lunch box limiting
treats to one sugary item

We will share with staff and parents, the Public Health Agency's *Healthy Breaks for*

***Schools* guide:**

<https://www.publichealth.hscni.net/sites/default/files/2019-06/Healthy%20Breaks%20for%20Schools%20A5%20Leaflet%20ENGLISH.pdf>

LunchBOX

Lunchbox 1

Bagel with tuna,
sweetcorn and
low fat mayo

Water

Fresh fruit
chopped into
yogurt



Lunchbox 2

Soda bread pizza with
tomato and cheese

Vegetable sticks with
hummus

Fruit smoothie

Lunchbox 3

Roast beef, lettuce,
tomato roll

Fruit salad

Yogurt

Water



Lunchbox 4

Rice salad with salmon and
vegetables

Milk

Handful
of raisins

Kiwi fruit



Lunchbox 5

Crackers and cheese

Slice of plain cake

Cherry tomatoes

Carton of unsweetened fruit juice

PLANNER

Lunchbox 6

Ham salad pitta
bread

Banana

Yogurt

Water



Lunchbox 7

Chicken, lettuce,
tomato, onion and low fat
mayo wrap

Water

Pot of custard and grapes

Lunchbox 8

Egg and onion sandwich

Carrot sticks

Fruit pot

Milk



Lunchbox 9

Vegetable soup and
wheaten bread

Apple

Milk

Lunchbox 10

Ham and vegetable
pasta

Grapes

Yogurt

Fruit smoothie



For more ideas, check out:

www.littlesteps.eu

www.safefood.eu

www.eatwell.gov.uk

www.enjoyhealthyeating.info