

Cookstown Primary School



Healthy Eating Policy

August 2015

WHOLE SCHOOL HEALTHY EATING POLICY

Aim

To promote the health and well-being of pupils and staff through all aspects of food and nutrition.

Objectives

Break-time

- Continue to implement a healthy break initiative throughout the whole school, whereby milk, water, fruit and vegetables and bread based snacks are actively encouraged.

Lunch

School Meals will be provided in line with Education Authority-Sothorn Region (EA-S) policy.

- Chips and other fried products are only served once per week
- Chopped fruit will be provided once per week
- Fruit and yoghurt will also be available as part of these choices

Packed Lunch

- Dietetic written advice is available for parents, regarding healthy lunch box choices.

Water provision in School

- Drinking fountains are situated in a number of locations around the school. Pupils will be encouraged to drink water regularly throughout the day.
- *All pupils are encouraged to have their own bottle of water in class (key Stage 1????)*
- Staff are encouraged to lead by example

Reward Systems in School

- Occasional use of sweets as a reward is acceptable at the teachers' discretion.

Social Events/Parents Evenings

- Whenever possible the food and drinks that is provided at these events should be healthy and nutritious.
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Monitoring and Evaluation

The whole school Healthy Eating Policy will be monitored and evaluated on an ongoing basis through consultation with pupils, staff and parents.

Review

The Board of governors will monitor and evaluate the effectiveness of this policy as part of a timetabled, on-going review process.