

CATERING FOR A HEALTHIER LIFESTYLE PROGRAMME



Rationale

In St Mary's Primary School Dunamore we believe that all pupils should be encouraged to live healthy lifestyles. This includes: providing school dinners (complying with current guidelines for healthy eating and the New Nutritional Standards for schools DENI 2007), **encouraging pupils who take lunch and food for break to also comply with the New Nutritional Standards for school lunches and other food in schools (DENI 2007)**, encouraging regular exercise and educating pupils to avoid anything that would be harmful to a healthy lifestyle.

This Policy has been reviewed in the light of: 'Food in Schools Policy' which became statutory legislation on 24-09-13

Policy Aims

- To promote positive attitudes towards Healthy Eating and Healthy Lifestyles for all pupils within the taught curriculum and beyond
- To encourage all within the school community to make responsible and informed choices regarding health and diet
- To raise awareness regarding current Health Issues
- To enlist and engage the support of parents and the wider community to ensure that the policy aims are met
- To work closely with the kitchen staff and other health professionals to achieve the aim of a 'Health Promoting School'

Guidelines

- The school promotes attitudes to healthy and safe lifestyles through the Areas of Learning that are taught from P1 to P7.

- The school ensures that the Staff will know and understand their roles and responsibilities in relation to promoting a holistic positive attitude to healthy lifestyles for all pupils.
- At break time children are encouraged to bring in Healthy Breaks to school e.g a sandwich, scone, pancake, bread muffin, wheaten, wrap, fruit yogurt, fresh fruit or raw vegetables thus encouraging 'Boost Better Breaks'.
- Children are encouraged not to eat chocolate, chocolate bars, fizzy drinks or drinks with a high content of sugar or crisps during break time.
- Milk is available in school on a daily basis. Pupils are asked to make a choice as to whether they wish to avail of the opportunity to take milk. The school secretary is responsible for ordering the milk. This is done monthly.
- Water fountains are located in two locations within the school.
- Pupils have the option to bring a bottle of water to school every day if they so wish.
- In respect to those pupils who have nut allergies no food containing any trace of nuts or nut essences are allowed in school.
- Pupils who have special dietary needs will not be excluded in any way but every effort will be made to meet their dietary needs.
- Dinner Menus are prepared by the cook in advance and are sent home so that pupils and parents can make informed decisions.
- Dinner menus are displayed on notice boards so that pupils can read them.
- Every effort will be made that the food served for dinner by the kitchen staff will be nutritious, varied and appealing for the pupils.
- Whilst in the dining hall all pupils in turn will come up to the Serving Hatch and make their own choice about which dinner they wish to choose.
- All Staff/Supervisors will be helpful in the dining room so that lunch time is an enjoyable and social experience.

- Pupils will be praised/rewarded and encouraged for making healthy choices.
- Respect, table manners and orderliness (for health and safety reasons) will be encouraged in the dining room.
- All pupils are encouraged to participate in exercise when outside at break time and dinner time on dry days.
- Playground Friends Programme encourages active and enjoyable play times for younger pupils.
- The zoning of the playground for play activities at break time encourages fairness, respect, courtesy and choice of play.
- Outside agencies are invited into the school to give talks and presentations that promote Health and Healthy Lifestyles.
- Assemblies and Sports Days will be utilised to promote what is good about healthy lifestyles.
- Posters depicting positive messages regarding healthy lifestyles are displayed throughout the school.
- Pupils are encouraged to take part in Health Promoting Competitions.
- All pupils will be encouraged to take part in P. E/ Multi skills Programmes each week.
- Swimming programmes are provided for pupils of P4- P7.
- The school nurse and dental nurse visit the school on a regular basis.
- Pupils in the upper class will receive the 'Love for Life Programme'.
- The school has a Pastoral Care Policy that includes Child Protection, Anti Bullying, Health and Safety, Code of Conduct, Supervision, Drugs Education and Intimate Care policy and Procedures.

Monitoring and Evaluation

Informed day to day discussion and feedback from pupils and staff

Monitoring of waste as indicator of the success of the food service

Liaise with the cook, supervisors, staff and Principal

Survey/ Questionnaires to ascertain pupils' and parents' views and suggestions

Annual Review with Principal and Cook in charge

