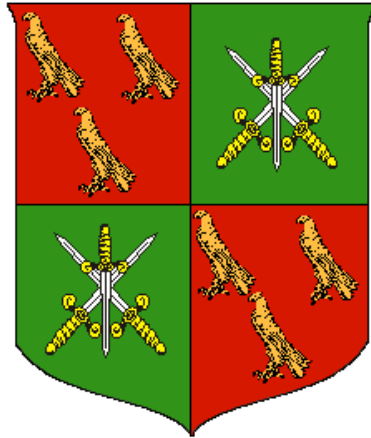


Bunscoil Mhic Reachtain



Healthy Eating Policy

2023

Aims

Bunscoil Mhic Reachtain recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to :

Improve the health of children, staff and their families by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.

Ensure children are well nourished at school, and that every child has access to safe, tasty nutritious food, and a safe, easily available water supply during the school day.

Present consistent, informed messages about healthy eating within school through all school practices.

Ensure that food provision in the school reflects the medical and ethical requirements of children and staff, for example : medical, allergenic, ethnic and vegetarian needs.

Ensure the provision and consumption of food is an enjoyable and safe experience.

The school will work towards these aims in partnership with all parents and carers.

The food and nutrition education element also encourages the following values :

Respect for self

Respect for others

Responsibility for their own actions

Responsibility for their family, friends, school and wider community

Curriculum Content

Topics and themes will be revisited from year to year, as appropriate, taking account of the children's development. At Bunscoil Mhic Reachtain, healthy eating is delivered within a whole school approach which may include :

Topics

Planned aspects of PSHE, World Around Us and other curriculum areas

- Special performances
- Circle Time
- Story Time
- The personal, social and emotional development area of learning in the Foundation Stage (eg fruit at break times)
- Extra curricular activities
- Special projects (eg healthy eating sessions, tasting sessions, competitions)

School Meal Provision

School meal provision meets government nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian and medical needs of children and staff. Bread, salads, fruit and vegetables are always part of the menu. Catering staff monitor the temperature of food daily.

Packed Lunches

Parents and carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not allowed in packed lunches.

Water Provision

All children and staff have access to drinking water at all times. Consumption is permitted both in the class, and during break and lunchtimes. Water is also available during sports activities.

Special Events

On special occasions (Halloween, birthdays etc) children are allowed treats such as cakes or biscuits.

Hygiene

Children are encouraged to wash their hands after going to the toilet and before handling food. Cleaning and disinfectant schedules are regularly inspected by the Health & Safety

Representative and the catering service provider. All staff employed in food preparation hold a basic food and hygiene certificate.

Allergies

Parents and carers inform the school if a child suffers from an allergy, identifying the foods to which the child reacts, and the usual symptoms of the reaction. Children with allergies are also identified for lunchtime and school staff.

Dissemination Of The Policy

All staff members and school governors will receive a copy of this policy.

Monitoring, Evaluation and Review

The policy will be reviewed, and amended annually. Any relevant comments from recent studies will also be included in the evaluation and review process.

Signed: (Principal)

Date

..... (On behalf of the Board of Governors)