

BALLYMACWARD PRIMARY SCHOOL

Food in School Policy

RATIONALE

At Ballymacward Primary School we recognise the importance of a balanced diet in promoting a child's general well-being and ability to learn effectively, in conjunction with regular exercise and good hygiene practices.

Along with parents and relevant agencies, the school has an important role to play in the development of healthy eating habits in our children. We hope that these will be carried forward into long and healthy lives.

AIMS

- To encourage healthy eating habits among our pupils.
- To develop pupil, staff and parental knowledge and awareness of what constitutes a healthy diet.
- To ensure that food provided by the school and its catering service is attractive, yet healthy and nutritious.
- To encourage parents and carers to provide a healthy range of food for break time snacks and in packed lunches.
- To ensure compliance with Public Health Agency (HSC) guidance for Food in Schools. (see appendix)
- To involve pupils and parents in the decision making process.

OBJECTIVES

- In line with HSC guidance the school will:
 - Provide a healthy breakfast in the Breakfast Club.
 - Provide healthy snacks for break time.
 - Provide a healthy, balanced meal for those taking dinners.
 - Insist that food brought into school from home for break and lunch is compliant.
- Provide lessons within the curriculum which develop children's knowledge of healthy eating.
- Arrange visits from outside agencies, e.g. The Dairy Council.
- Provide appropriate and informative literature to parents (see appendix).
- Ensure that staff and volunteers who handle food on a regular basis have received appropriate hygiene training.
- Provide fresh water and encourage children to drink at appropriate times during the school day.

- Provide a supervised, pleasant and sociable environment conducive to children being able to eat all the food provided and to enjoy their meals at a relaxed pace.
- Facilitate children, where necessary, in slicing food into convenient pieces.
- Ensure that children entitled to free school meals receive them through promotion of information to parents (see appendix).

Treats and Rewards

- The traditional treat of a sweet to reward good work at home time on a Friday afternoon will continue should a teacher wish to adopt this practice (parents are free to opt their child out of this).
- Parents may choose to send in a small cake or buns for a class to celebrate a child's birthday.
- End of term parties in December and June will continue to take place (parents are free to opt their child out of these).

Allergies

We are aware that some children suffer from food allergies and that we have a duty of care to ensure that they are not exposed to allergens whilst at school.

A list of children with known food allergies is provided to all staff and substitute staff. It is also displayed in the office and in the dining hall kitchen.

Parents should inform the school of any known food allergies that their child has and update this information if an allergy is diagnosed at any stage in their child's education. They must advise the school of the action that should be taken should their child develop symptoms whilst in school. These instructions will be kept on file in the medical cabinet. Training for staff will be sought if necessary.

Parents are advised that nuts, or foods containing nuts, should not be brought into school.

Roles and Responsibilities

- Staff support and contribute to the promotion of healthy eating within the classroom and at meal times. They participate in related professional development courses as appropriate.
- Parents and carers should endeavour to support the school's Food in School Policy by complying with it. They will be consulted and updated about changes to the policy as appropriate.
- Governors monitor and review the policy in consultation with pupils, staff and parents. This process will include: observations, discussion, surveys and reference to the latest guidance from the HSC.

APPENDIX

Public Health Agency (HSC) Guidance for Parents

<http://www.nidirect.gov.uk/lunchboxes>

http://www.publichealth.hscni.net/sites/default/files/Healthy%20Breaks%20for%20Schools%20A5%20Leaflet%20LR%2004_15.pdf

http://www.publichealth.hscni.net/sites/default/files/Healthier_Lunchbox_Leaflet_LR_04_15.pdf

Free School Meals Entitlement

<http://www.seelb.org.uk/index.php/parents-and-students/grants-benefits/free-meals>

DENI Guidance for Schools

<http://www.deni.gov.uk/food-in-schools-policy.htm>

http://www.deni.gov.uk/healthy_food_for_healthy_outcomes_-_food_in_schools_policy_-_english_version.pdf

http://www.deni.gov.uk/healthy_food_for_healthy_outcomes_-_food_in_schools_policy_-_easy_read_version_english.pdf

http://www.deni.gov.uk/de1_09_125653_school_food_the_essential_guide_-_healthier_breakfast_clubs-2.pdf

http://www.belb.org.uk/downloads/c_school_food_the_essential_guide.pdf

http://www.publichealthagency.org/sites/default/files/Establishing_School_Food_Policy_09_10.pdf

Frontier Room on C2K (for teachers & school staff only). Central point for all relevant curriculum resources and information on school food. For access, contact judith.hanvey@belfasttrust.hscni.net 02892501259.

Adopted by the Board of Governors on 7 May 2015

*The Food in School Policy is a working document
and will be reviewed annually and as deemed appropriate.*