



INTEGRATED PRIMARY SCHOOL

Healthy Eating Policy

MIPS-114

<i>Date of Adoption</i>	<i>June 2017</i>
<i>Date of Next Review</i>	<i>March 2020</i>



1 Why is a Healthy Eating Policy important?

- 1.1 Diet is central to health and children's diet is an important influence on their health NOW and in the FUTURE. Good nutrition in childhood can help protect against chronic diseases including cardiovascular disease and cancer in later life.
- 1.2 There are also the following important reasons:
 - Obesity levels in children are rising. 22% of all P1 children in Northern Ireland are being classed as overweight or obese.
 - 61% of Northern Ireland P1 children have dental decay.
 - 73% of children eat biscuits daily, 47% eat confectionary, 52% eat savoury snacks such as crisps at least once a day.
 - Only 11% of children achieve the target of 5 portions of fruit and vegetables a day.
 - 20% of children do not eat any fruit or vegetables on a regular basis.

2 Our Healthy Eating Policy

- 2.1 This Healthy Eating Policy is an overarching policy advocating a 'whole-school approach' to all food provided and consumed in schools and developing knowledge and skills in relation to healthy eating and lifestyles. This policy has taken into account the guidance given in the 'School Food: top marks' programme which is a joint venture by the Department of Education, the Department of Health, Social Services and Public Safety and the Health Promotion Agency for Northern Ireland. The programme recognizes the important role of schools in contributing to childhood nutrition and the development of the knowledge and skills necessary to make healthier food choices.
- 2.2 Millennium Integrated Primary School (MIPS) is dedicated to providing an environment that promotes healthy eating and enabling children to make informed choices about the food they eat. We believe that what you eat affects how you learn, how you feel and how you behave. We also believe that adults (staff, parents and carers) should be good role models and have access to information which will help them to provide healthy food for children.
- 2.3 The purpose of this policy is:
 - To ensure that all aspects of food and drink in school promote the health and well-being of children, staff and visitors to our school.
 - To enable all members of our school community to make healthy food choices through the provision of information and development of appropriate skills and attitudes.

- To ensure that the importance of healthy eating and healthy lifestyle choices are taught at an appropriate level throughout each key stage and with particular focus and emphasis during our annual Health Lifestyle Week. Effective teaching requires the children to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.
 - To provide healthy food choices throughout the school day
 - To ensure that filtered drinking water is available to the children throughout the school day.
- 2.4 Children are encouraged to bring a variety of fruit and vegetables from home to eat at Break Time. Chocolate, biscuits, crisps and cakes are discouraged as everyday snacks in school. This is monitored by class teachers.
- 2.5 We will display the List of Suitable healthy break snacks and the list of items not allowed at break time on our Parent's Information Board and on our school website.
- 2.6 The contents of children's lunchboxes will be monitored at least twice a term by the Principal who will reward those children with healthy items with health promotion stickers.
- 2.7 Water will continue to be available at all times, in particular following exercise and in warm conditions. Filtered water dispensers are available in both Key Stage Resource Areas. P1 to P4 children use school provided jugs and beakers. P5 to P7 children have their own bottles and refill as necessary.
- 2.8 A monthly school dinner menu is sent to parents via the texting service provided by 'School Money' owned by Teachers2Parents. This is a set menu provided by Ballinderry Inn Ltd that adheres to the latest government standards for nutrition.
- 2.9 Children will continue to be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:
- Sitting freely with their friends.
 - Older children and staff helping younger children to cut up their food or, where appropriate, helping them to develop the skills to cut up their own food.
 - Saying please and thank you to the dinner ladies, assistants and each other.
 - All children having a minimum of 20 minutes to eat their food and additional time being granted for slower eaters.
 - P1 children will initially come to the dining hall 10 minutes earlier in the first term.

- 2.10 Parents or carers will be advised if their children are not eating well.
- 2.11 MIPS has an annual Healthy Lifestyle Week and healthy eating will continue to be a focus during this week.
- 2.12 There is a healthy eating display in the playground and in the dining hall to constantly raise awareness and maintain the school's focus on healthy eating.
- 2.13 Parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, will be asked to provide as much information as possible about suitable foods.
- 2.14 MIPS does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement are used in school and each class has its own rewards and incentives.
- 2.15 MIPS will continue to value the contribution made by our school nurse and doctor and to appreciate the valuable contributions of outside agencies and visitors in supporting class teachers in promoting healthy eating.
- 2.16 The following appendices are attached hereto and form an integral part of the Healthy Eating Policy:
 - Appendix 1: Suitable Healthy Break Snacks
 - Appendix 2: Not allowed at break

3 Monitoring and Evaluation

- 3.1 This policy has been discussed with all stakeholders, children, staff, parents and Board of Governor members.
- 3.2 We are committed to reviewing our policies regularly and to ensuring that all new guidelines are reviewed and incorporated.

Appendix 1 Suitable Healthy Break Snacks

- Pieces of fruit, e.g. banana or melon.
- Fruit pots of sliced or chopped fresh fruit.
- Canned fruit in natural juices.
- Salad pots.
- Vegetable sticks with low-fat dip.
- Raw vegetables such as tomatoes, carrots, celery, peppers and cucumber.
- Bread or pancakes with a thin spread of margarine.
- Scones (plain or wholemeal), dried fruit (not glace cherries) with a thin spread of margarine.
- Plain breadsticks or crackers with a dairy, fruit or vegetable portion.
- Sandwiches.
- Filled bagels, baguettes, pitta bread or rolls.
- Tortilla wraps.
- Rice Cakes

Appendix 2 Not allowed at Break

- Any type of confectionary, e.g. chocolate products and sweets.
- Cereal bars.
- Fruit bars.
- Dried fruit that has been sugared or coated in yogurt or chocolate.
- Crisps and crisp like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers.
- Pretzels.
- Bombay mix.
- Cakes or buns of any kind.
- All biscuits.
- Pastries, croissants, Danish, tarts etc.
- Chocolate spread.
- Jams and marmalades.

As we have a number of children with severe allergic reactions to nuts, MIPS is a 'Nut Free' Zone. Therefore, these normally healthy foods are not allowed on the school premises.

Appendix 3 Schedule of Updates

<i>DATE</i>	<i>RESPONSIBLE PERSON</i>
<i>April 2009</i>	<i>Mary Roulston</i>
<i>September 2010</i>	<i>Mary Roulston</i>
<i>April 2011</i>	<i>Mary Roulston</i>
<i>April 2012</i>	<i>Mary Roulston</i>
<i>June 2017</i>	<i>Barry Corrigan</i>