



# Our Lady Queen of Peace Primary School and Nursery Unit

## Healthy Eating Policy

In Our Lady Queen of Peace Primary School, it is our policy that we promote and encourage healthy lifestyles and therefore healthy eating at break time and lunch time.

Our School Meals' Kitchen promotes healthy eating as the meals provided at lunch time take into account the nutritional guidelines put in place by DENI and the Education Authority

### **Our Missions Statement**

In Our Lady Queen of Peace Nursery and Primary School,

guided by the loving example of Mary, Our Mother,

we provide a safe, happy, caring environment.

We cherish the uniqueness of every child,

encouraging and supporting them to fulfil their potential

and become lifelong learners.

We nurture the well-being of everyone in our school community

and celebrate the diversity and achievements of all.

### **AIMS**

Our Lady Queen of Peace Primary School 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, by helping to influence eating habits through increasing knowledge;
- Increase awareness of food issues, including what constitutes a healthy and environmentally sustainable diet; and
- Present consistent, informed messages about healthy eating within school through all school practices at every opportunity be it at assemblies, parent meetings or curriculum events.

At Our Lady Queen of Peace Primary School, healthy eating is delivered within a whole school approach which may include:

- topics
- planned aspects of Personal Development and Mutual Understanding (PDMU), the World Around Us (WAU) and other curriculum areas
- special assemblies/visits by agencies
- pastoral time (Eg., Circle Time)
- extracurricular activities and
- special projects

### **IMPORTANT NOTICE: NUT FREE SCHOOL**

It is school policy that pupils and staff do **not bring nuts or nut based products to school**.

Our Lady Queen of Peace PS and Nursery Unit is a **'nut free zone'**.

We have children enrolled at our school that may suffer an anaphylactic shock if they come into contact with nut products or nut based products. All classrooms are nut free zones.

**Please note** : A lot of products contain nuts eg cereal bars, Nutella!

### **PUPILS**

As part of our 'Healthy Eating' policy, pupils are encouraged to:

- bring a healthy break to school each day: Nursery - P3 pupils have fruit/healthy snack provided for them
- eat fruit, vegetables, dairy products or bread-based products at break time and lunch time
- drink non sugar based drinks
- bring water to class to drink throughout the day. The children should use a bottle with a pop-up lid in order to avoid spillages.
- We allow children to have a special treat in their lunches consisting of **one item on a Friday only**
- recycle their waste food appropriately at the table and within the classrooms as part of our Eco-Schools environmental practice (Green Flag status)

## **STAFF**

As part of our 'Healthy Eating' policy, all staff are encouraged to:

- act as role models for our pupils and actively encourage healthy eating at all times of the day

## **SCHOOL MEALS**

As part of our 'Healthy Eating' policy the school's catering staff provide:

- meals that follow the guidelines provided in the publications, '*School Food, Top Marks Nutritional Standards for School Lunches*', '*Nutritional Standards for other Food and Drinks in Schools*' and '*School Food, the Essential Guide*'
- milk or water for the children to drink
- fresh fruit with every meal
- meals that are low in salt content
- salt is not available to be used by the children on their meals

## **BREAKFAST CLUB**

- Children at the school can access the Breakfast Club which is run by the classroom assistants. Healthy items such as cereal, milk and water are served daily.

## **PACKED LUNCHES**

- Parents and carers are encouraged to provide well balanced healthy packed lunches for their children. Fizzy drinks should not be included in the children's packed lunches.

## **DIETARY NEEDS**

- In consultation with parents, a child's dietary requirements devised by a dietician will be adhered to. If any issues arise, teachers will consult parents or relevant health professionals for advice.
- Meal provision by school kitchens also reflects religious, ethnic and vegetarian needs of pupils.
- Healthy eating messages are reinforced, throughout the year, as part of the delivery of the curriculum.

## **DISSEMINATION OF THE POLICY**

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