

Carrick Primary School Food in Schools Policy



Policy Implemented: May 2016

Date of next review: May 2018

Carrick Primary School

Food in Schools Policy

Vision Statement

Forward Together: “Ar aghaigh le cheile”.

Mission Statement

In Carrick Primary School we aim to provide a safe, caring and stimulating environment, in order to realise and celebrate the academic and non-academic potential of all our pupils. We expect our pupils to work hard and for parents to assist us in helping children to learn and to become lifelong learners.

School Aims

We aim to:

- develop and strengthen each pupil’s understanding and love of Catholic values by promoting the Catholic ethos throughout the school;
- create a safe, enjoyable learning environment, in which effective learning is facilitated and quality teaching is provided;
- implement all aspects of the Northern Ireland Curriculum;
- help our pupils to develop a positive attitude towards life and a love of learning;
- value, respect and nurture every child in our care;
- encourage pupils to respect themselves and others and to support and care for one another;
- equip our children with the necessary life skills to enable them to participate in a fast changing society; and
- involve the parents, Board of Governors and wider community in the life of the school and in the holistic development of the children in our care.

We, the staff of Carrick Primary School, endorse the Convention on the Rights of the Child and are working towards the implementation of policies and practices which reflect the Convention.

Article28:

Every child has the right to an education. Primary education must be free.

Article 29:

Education must develop every child’s personality, talents and abilities to the full. It must encourage the child’s respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

United Nations Convention on the Rights of the Child

Article 24: Every child has the right to the best possible health care. They receive clean water, nutritious food and a clean environment, so they can stay healthy.

We, the staff of Carrick Primary School, endorse the Convention on the Rights of the Child and are working towards the implementation of policies and practices which reflect the Convention.

Aims and Values

Carrick Primary School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and to achieve high standards in school. The school will therefore ensure that all aspects of food and nutrition, promote the health and wellbeing of pupils, staff and visitors to our school.

The school also recognises the role it can play, as part of the wider community, to promote good family health and good oral hygiene.

At Carrick, we have agreed the following statements:

- Children are encouraged to bring a variety of healthy snacks from home to eat at snack times. Chocolate, biscuits, crisps and cakes are discouraged as everyday snacks in school.
- The Lunchbox Guidance leaflet will be sent to parents annually.
- Children are encouraged to drink water in class. Water will be available to pupils at all times, through the water bottles on desks scheme.
- The weekly dinner menu is a set menu to encourage healthy eating. It will be distributed to all pupils and parents on a monthly basis.
- Teachers will ensure information relating to food and nutrition in different lesson areas is consistent and up to date.

- Work with school caterer to promote healthy eating in school.(World Food Day)
- Continually promote healthy eating and drinking messages in school.
- Hold a ‘Healthy Eating Week’ in school.
- Healthy Eating poster competition.
- Discussions will be held at school council meetings to allow children to have a voice on ways to improve healthy eating within Carrick.
- Children will be encouraged to develop good eating skills and table manners.
This will be achieved by:
 - Sitting freely with their friends;
 - Entering and leaving the dinner hall in an orderly way, to show respect for those who are eating and respect for the staff; and saying please and thank you to the dinner ladies.
- Parents or carers of children, who are on special diets for medical reasons or who have allergies, will be asked to provide as much information as possible about suitable foods to the hall staff.
- The Northern Ireland Curriculum should ensure that children and young people are afforded adequate opportunities to obtain knowledge and understanding of nutrition and healthy eating.

Links with Outside Agencies

1. Health Education Board
2. St Mark’s School- Health Promotion Campaign on Dental Health/Healthy Eating
3. Dairy Council of Northern Ireland
4. Area Community Dental Service
5. Dental Clinic- John Mitchell Place.
6. Smoke Busters – Ulster Cancer Foundation

7. Care In The Sun- Ulster Cancer Foundation.
8. Local Fruit and Vegetable Shop
9. Food for Fitness Scheme
10. Cancer Focus

Monitoring and Reviewing the Policy

This policy will be reviewed every two years in conjunction with the pupils, the staff and the Governors. We value the views of the pupils and will seek pupils' views by accessing the views of those pupils on the School Council.

Signed: Mrs Anne Cassidy (Principal)

Signed: Mr Michael Keenan (Chairperson of Board of Governors)

(Date): 16th May 2016

Review Date: May 2018