

Carrick Primary School Food in Schools Policy



Policy Implemented: January 2022

Date of next review: January 2025

Carrick Primary School

Food in Schools Policy

Vision Statement

Forward Together: Ar aghaidh le chéile.

Mission Statement

In Carrick Primary School we aim to provide a safe, caring and stimulating environment, in which to realise and celebrate the academic and non-academic potential of all our pupils. We expect our pupils to work hard and encourage parents to assist us in laying the important foundations for future learning.

Aims

In our school 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;
- Endorse the United Nations' Convention on the Rights of the Child and work towards the implementation of policies and practices which reflect the Convention; 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

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.

Aims of this Policy

- To further the acquisition and development of essential skills.
- To encourage children to be inquisitive, to observe, to reason systematically and logically and to apply knowledge which has been gained in other situations.
- To enable children to develop scientific methods of investigation.
- To give children opportunities for discovery learning through practical, first-hand experiences.
- To develop children's understanding of the contribution science makes to society.
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, parents, staff and visitors to our school.

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, parents, 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:

- Children are encouraged to bring a variety of healthy snacks from home to eat at snack times. Chocolate, biscuits, crisps, fizzy drinks and cakes are discouraged as everyday snacks in school.
- Regular guidance and advice on Healthy Eating is sent out to parents.

- Children are encouraged to bring their water bottles to school. The water bottles can be refilled at the classroom sinks.
- The weekly dinner menu is a set menu to encourage healthy eating. It will be available for all pupils and parents on a monthly basis, via the school's website.
- Teachers ensure that information relating to food and nutrition in different lesson areas is consistent and up to date.
- School staff liaise with the school caterer to promote healthy eating in school and to promote "Good Food" events, for example, World Food Day.
- We regularly promote healthy eating and drinking water messages in school.
- We hold a 'Healthy Eating Week' in school each year.
- We organise a Healthy Eating poster competition on an annual basis and "Fruit Fridays" throughout the year.
- Discussions are held at School Council meetings to allow children to have a voice on ways to improve healthy eating within Carrick.
- Children are encouraged to develop good eating skills and table manners. This is achieved by:
 - Sitting freely with their friends at lunch time in classrooms and in the dining hall;
 - 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 hall staff.
- Parents or carers of children, who are on special diets for medical reasons or who have allergies, are asked to provide all relevant information to the Head of Kitchen about suitable foods and/or special requirements
- The children in Carrick Primary School are afforded adequate opportunities to obtain knowledge and understanding about nutrition and healthy eating.

Links with Outside Agencies

1. Health Education Board
2. Dairy Council of Northern Ireland
3. Smoke Busters – Ulster Cancer Foundation
4. Care in the Sun- Ulster Cancer Foundation.
5. Food for Fitness Scheme
6. Cancer Focus
7. Public Health Agency
8. School Nurse
9. Newry Hospice

Monitoring and Reviewing the Policy

This policy will be reviewed every three years. We value the views of all stakeholders and consult with pupils, parents, staff and Governors to improve school policies.

Signed: Mrs A Cassidy (Principal)

Signed: Mr G Murdock (Chairperson of Board of Governors)

Date: January 2022

Review Date: January 2025