

Carrick Primary School Food in Schools Policy



Policy Implemented: May 2018

Date of next review: May 2020

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 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

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.

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, 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, 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.
- The Lunchbox Guidance leaflet will be sent out annually to parents.

- Children are encouraged to drink water in class. Water will be available for pupils at all times, through the water bottles on desks scheme and through drinking fountains/classroom sinks.
- 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. It is also available via the school's website.
- Teachers will ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- School staff will liaise with the school caterer to promote healthy eating in school and to promote "Good Food" events, for example, World Food Day.
- We will regularly promote healthy eating and drinking water messages in school.
- We will hold a 'Healthy Eating Week' in school each year.
- We will organise a Healthy Eating poster competition on an annual basis and "Fruit Fridays" throughout the year.
- 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 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, will be asked to provide all relevant information to the Head of Kitchen about suitable foods and/or allergies.

- The Northern Ireland Curriculum should ensure that children and young people 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. Local Tesco Store
6. Food for Fitness Scheme
7. Cancer Focus
8. Public Health Agency
9. School Nurse
10. Croc Doc (Newry Hospice)

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): May 2018

Review Date: May 2020