

Healthy Eating Policy

Aims of this policy

To promote the health of the child and provide a foundation for healthy living.

To enable the child to appreciate the importance of good nutrition for growing, developing and staying healthy.

To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

How we will do this

- The Food Pyramid will be discussed with each class at the beginning of each term, with Food Pyramid posters being displayed prominently in classrooms and around the school.
- A Health Promoting School display, located outside the hall, will promote healthy eating and a healthy lifestyle.
- Assemblies will be given by the children on HPS Committee, supported by Principal or Deputy Principal, with health promoting content.
- A Healthy Eating Week will take place early in the school year. Opportunities will be provided for the preparation and tasting of healthy food.
- Parents will be supported by providing them with leaflets promoting healthy lunches and/or a display of ideas for healthy lunches.
- Parents will be given clear guidance about food to be included in school lunches and food not allowed (i.e. food high in fat, sugar and salt). Parents are requested to comply with this.
- A positive approach to healthy eating will be promoted by school staff. This includes the strict implementation of lunch guidelines by all staff members. Non food treats and reward such as stickers, certificates, extra playtime, free play etc will be used by teachers and staff instead of sweets, chocolate etc.
- End of term can be celebrated with board games, quizzes, nature walks, picnics, show and tell etc.
- Sending birthday cakes and treat bags into classes for distribution is no longer permitted. Teachers in junior classes will celebrate the child's birthday by song, dance, wearing a birthday badge etc. Children in senior classes will get a homework pass.

What could a healthy lunch include?

- Fruit, vegetables or salad (cut in bite sized chunks for smaller children)
- Bread, rolls, crackers, pasta, rice, potatoes – wholemeal is preferable.
- Cheese and or yoghurt (calcium is necessary for healthy bones and teeth).
- Protein such as meat, fish, eggs, beans (e.g. hummus) and seeds (limit salty processed meats). A small cooler pack could be included in lunchbox.

