



Nutrition Policy

Policy Date: _____

Signature of Principal: _____

Signature of Chairperson of Board of Governors: _____

Review Date: _____

Introduction

In Gortin Primary school a key aim of the whole school nutrition policy is to develop healthy eating and drinking activities which will benefit pupils, staff, parents, caterers and others associated with our school. Food has a significant role to play in determining health and wellbeing, establishing social roles and reflecting and shaping the school's ethos and individual values. This document was produced in consultation with the entire school community, including pupils, parents, staff, board of governors and school catering services.

Aim

To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.

Objectives

- 1. To work within the requirements of the document 'Nutritional Standards for other food and drinks in school'.*
- 2. To reinforce appropriate messages relating to food and drink which are consistent and up to date, ensuring consistency between curriculum based learning and school food and drink provision.*
- 3. To establish effective working partnerships with pupils, staff, parents, catering services, school nurse and other main stakeholders, including the wider community.*

Implementation

- Foundation, Key Stage 1 & 2 pupils are provided with a variety of 4/5 pieces of fruit snack at morning break time. Children in the Foundation stage (Y1/2) participate in helping to prepare and serve a variety of healthy sit down snack e.g. pancake, toast, fruit etc. which they eat together. Semi-skimmed milk is also available at this break
- School is involved in the Smart Snacks Award and Munch Box Challenge for healthier breaks and lunch boxes and only sugar free drinks are allowed in school for lunch.
- Work in partnership with the school catering services which provides our hot lunchtime meal that offer a choice of menu and meet with the nutritional standards.

- Pupils' records include details of any special dietary needs and teachers and lunchtime supervisors are made aware of these requirements
- Children are encouraged to drink WATER – there are drinking fountains in the boys and girls cloakrooms and chilled water drinkers are in all the classrooms and staffroom to ensure a chilled water supply daily.
- All children participate in the Dental Smiles Programme and the dental service provides the children with toothpaste and tooth brushes which they use to brush their teeth once per day in school. Children are also encouraged to brush teeth after breakfast and before going to bed each night.
- In the formal school curriculum, aspects of food and nutrition are taught and reinforced in a cross curricular manner through topic teaching and interactive teaching in World Around Us (Science, History & Geography) Maths, Literacy, R.S.E. (Relationship & Sexuality Education), P.D.M.U. (Personal Development & Mutual Understanding) ,PATHS, P.E. and in growing vegetables indoors and in outdoor activities.
- Children are consulted and encouraged to contribute to the development of our policy through the student's council meetings, eco council meetings and activities.
- Parents are kept informed and consulted on all health initiatives in school through the DELTA programme, fortnightly letters informing them of participation in e.g. Munch Box Challenge, Healthy Snack Award, Smiles Dental Programme etc.
- Information events are organised to communicate the school's shared vision, such as talks by the school nurse on the nutritional value of our foods, a Cook It! Programme providing cooking sessions and information on how to provide a healthy meal for the family, talk by the dental therapist on eating the right foods and caring for our teeth.
- Pupils, parents and staff are encouraged to follow a healthy diet and eat five portions of fruit / vegetables per day.
- Sweets and chocolate are only occasionally given as rewards in the classroom.
- The school participates in the Health Promoting School Award and has been awarded a silver and gold award in previous years.

Monitoring / Evaluation

Mrs Wallace (Health Co-Coordinator) will do continuous monitoring of breaks, lunches, lunch boxes, drinks. Class teachers will also be involved in monitoring of class practice. The curriculum will be monitored through evaluation of teacher planners with food based topics, class quizzes and tests. Parent's participation will be monitored through consultation with reply slips and evaluation of the replies in the parents' comment box.

Monitoring and Evaluating the Policy

Our policy will be reviewed triennially/or in the light of changes in legislation or practice following consultation with all staff members, parents and external agencies.