

WHOLE SCHOOL FOOD AND DRINK

We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school.

We believe a good diet, which is healthy and varied, is important for good health and will help maintain body weight. This will enhance general well-being reducing the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

Aims

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, school personnel and visitors.
- To provide nutritious food that meets the children's individual dietary needs.
- To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.
- To work with other schools to share good practice in order to improve this policy.
- To maintain a no beef, no pork and no nuts site

Procedure

Role of the Principal

The Principal will:

- ensure all school personnel, pupils and parents are aware of and comply with this policy;
- work closely with the coordinator;
- monitor the effectiveness of this policy;
- School Lunches
- All our school lunches meet nutritional standards.
- The ingredients are fresh and there is a good variety of fruit and vegetables.

This is an important time of the day when we can:

- Nurture and build friendships
- Teach table manners
- Promote a balanced diet

Water in School

- Water is available at all times in school for children and staff.
- Parents are encouraged to provide water for their child

Working with Parents

- We work closely with parents to establish the correct dietary requirements for their children.
- Monthly menus are sent home a week prior so that parents can discuss the menu with their child.
- Food in school is always a discussion point at most PTA meetings.