

Healthy Eating Policy



Revised by:

Date:

Date:	Policy reviewed:	Policy amended:
December 2015		
December 2017		
December 2019		

Healthy Eating Policy



Newbuildings Primary School is a Nut-free School. Under no

circumstances should nuts, or any food containing traces of nuts, be brought into the school. If a child has any food containing traces of nuts it will be disposed of immediately.

Newbuildings Primary School recognises the need to encourage healthy eating habits from an early age as this will help children to reach their full potential in terms of their growth and development. By establishing a policy we aim to ensure that all aspects of food and drink in our school promote the health and wellbeing of the school community.

This policy relates appropriately to guidance on nutritional standards in school which underpins the provision of healthy school meals and implements the guidelines given by various government agencies: Department of Education, Health Promotion Agency and the Community Dental Service.

Healthy Break Policy

Newbuildings Primary will actively promote healthy lifestyles, part of which is providing children with age appropriate information on food values and the importance of eating healthy snacks.

Therefore, a whole school policy which aims to ensure children do not take high sugar containing snacks between meals will be implemented. The dental and general health of all pupils will be promoted and it is believed that habits will be formed that will be continued in future years.

We owe the children in our care the best possible start to life and wish to safeguard their general wellbeing.

Suggested healthy breaks:

- Fruit and Vegetables
- Bread based snacks -no sugar based fillings please
- Cheese/ crackers
- Bread sticks
- Water and/or milk

Please consider:

Can your child finish eating the snack in the 10 minutes allocated, e.g the size of apple, can the orange be peeled easily?

If you send grapes with your child please ensure these are cut in half to avoid choking.

Cereal bars, biscuits or other highly processed snacks of any description will not be permitted, as many contain high levels of sugar and additives.

Parents are requested to only send snacks with their children that comply with the school's policy. Class teachers will inform children if their breaks follow the school policy on healthy breaks, and if a child continually brings in a break that does not follow these guidelines, such as a high sugar containing snack it will be returned home

Teachers will obviously be aware of the breaks children are bringing into school, but may not be aware of food children are bringing in for packed lunches. Remember we are a nut-free school so packed lunches cannot contain any traces of nuts. We would encourage parents to follow the same guidelines mentioned above when packing a lunch for their child. It is very important that the children are given a balanced diet for their lunch. Under no circumstances should fizzy drinks be included in a packed lunch.

We value the support of everyone involved in helping us to carry out this important school policy and suggest that parents may wish to support the initiative by providing similar healthy between-meal snacks at home.