

Beechlawn School
Whole School Food Policy
April 2013

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Whole School Food Policy

In Beechlawn School we are very aware of our role in helping our pupils to develop healthy eating habits. Promoting a whole school approach to healthy eating, both in the classroom and dining room, will encourage children to enjoy healthy food and drinks early on and it is more likely you will reinforce positive behaviours that will stay with them for life. We hope that improving nutrition will be reflected in pupils' overall performance, both in school and at home.

This 'Whole School Food Policy' is part of a broader Health Promoting Schools Policy which already aims to improve the health of our pupils.

Aim

- To ensure that all aspects of food and nutrition promote the health and wellbeing of pupils, staff and visitors to our school.
- Special dietary requirements and food allergies will be respected.

Objectives

- Review the curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Provide a healthy breakfast club.
- Encourage children to eat healthy food at break and lunch times.
- Promote regular water intake.
- Discourage pupils from bringing fizzy/energy drinks into school.
- Provide school dinners in the canteen in accordance with the 'Nutritional Standards for School Lunches'. (DENI 2007)
- Ensure visitors to school are offered healthy options.
- Ensure that staffs taking responsibility for food have basic food hygiene training.
- Encourage the active involvement of parents and local health agencies to advise, support and contribute to the promotion of good health.
- Work towards ensuring that this policy is accepted and supported by the Board of Governors, School Management, teachers and support staff, pupils, parents and food caterers.

Policy Review

This policy will be kept under review and amended when appropriate.

May 2013