



"Together we learn"

Healthy Eating and Drinking Policy

HEALTHY EATING AND DRINKING POLICY

Introduction

At Banbridge Nursery School we believe that proper nutrition and fluid intake are essential for good health and effective learning and teaching. We believe that all messages about food and drink within the school should be consistent. As a school we want to play our role in establishing and maintaining life-long healthy eating and drinking habits.

Aims

- ◆ To encourage through the curriculum the desire to make a healthy choice.
- ◆ To involve the whole school community in developing and maintaining healthy eating and drinking habits.
- ◆ To have a pleasant and sociable dining experience which enhances the social development of all children.
- ◆ To encourage foods that are rich in vitamins, iron, calcium.
- ◆ To encourage a balanced diet.
- ◆ To offer only milk and water to drink.
- ◆ To encourage fluid intake with an easily accessible water supply throughout the day.
- ◆ To take into account and accommodate dietary requirements.
- ◆ To ensure high standards of hygiene amongst the children.
- ◆ To develop healthy eating habits that will last a lifetime.

School Meals

At Banbridge Nursery School we believe that all messages about nutrition need to be consistent.

- ◆ School dinners are provided by our school cook, Mrs Jenny McKinstry, and are prepared and cooked on the premises each day.
- ◆ The school is part of the 'New Nutritional Standards' initiative.
- ◆ Children are encouraged to drink milk or water with their midday meal.
- ◆ Portion sizes are according to guidelines laid down by the Education Authority School Meals Service.

Packed Lunches

If you wish your child to bring a packed lunch instead of having a school dinner we would ask that **only** the following items are included. This is in line with our healthy eating policy.

- ✚ a filled roll(s) /sandwiches/a wrap/pancakes or bread
- ✚ a piece of prepared fruit (ie. peeled orange, sliced apple, grapes etc)/yoghurt or raw chopped vegetables
- ✚ The school would provide water or milk to drink and a plate for the children to use.
- ✚ *No crisps, chocolate bars or biscuits.*

Breakfast

Recognising parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. This will be done through discussion at snack time, circle time and through the our curricular areas.

Snack

- ◆ All children are encouraged to participate in the snack routine
- ◆ Milk or water is on offer snack time
- ◆ A selection of healthy options is offered for snack. These may include fresh fruit, vegetables, cereals, a variety of breads/crackers with butter or cheese, plain yoghurt etc

Celebrations

Children are discouraged from bringing cakes or sweets etc for their birthday celebration.

Water

We recognise that low fluid intake can lead to poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have free access to water throughout the day.

Sweets

Parents and children are asked not to bring or send sweets or chewing gum into school.

Teaching and Learning

- ◆ Healthy eating and drinking is promoted through the curriculum and through topics covered during the year.
- ◆ Staff will sit with children during meal times to provide a good role model, encourage good manners and lead conversation.
- ◆ Small groups of children shop for snack each week. Through this they learn to make healthy choices.
- ◆ Food and cooking activities are used in a variety of ways to widen the children's experience as they are given the opportunity to touch, taste, smell and feel a variety of foods.

Parental involvement

A copy of the Healthy Eating and Drinking Policy is available in school and parents are encouraged to support us in the following ways:

- ◆ Parents are encouraged to accompany staff and children on their weekly shopping trips.
- ◆ Parents also assist the children in preparing snack on a regular basis.

Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN.

Health and Safety

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the catering staff and Environmental Health if necessary.

Monitoring the Healthy Eating and Drinking Policy

The teachers and catering staff will monitor provision for healthy eating and drinking in the school. There will also be a yearly report to the Board of Governors detailing how the policy is being implemented.