

BELLAGHY PRIMARY SCHOOL

HEALTHY EATING POLICY

RATIONALE

A good diet is important for good health and can help to maintain a healthy body weight, enhance general well-being and reduce the risks of heart disease, cancer, diabetes, osteoporosis and other diseases.

Bellaghy Primary School is fully committed to a planned programme of healthy eating within the school. We believe that this should be achieved by a good healthy diet and regular exercise. All staff place great emphasis on a well balanced diet and we encourage healthy eating at all times with a particular emphasis on break time snacks. The rationale is supported by planning lessons related to the importance of healthy eating throughout the school. The school nurse visits the school yearly to consolidate this message.

AIMS

- To make children aware of the effects of food on teeth, general health and behaviour
- To promote habits of health eating thus contributing to improvement in children's concentration and ability to learn

BREAK TIME SNACKS

- At break time, children will be encouraged to consume fruit, vegetable snacks, yoghurt, cheese or a bread based snack. Drinks to be encouraged are milk, water or a pure fruit juice.
- Cool fresh water is available for all pupils
- All pupils have their own water bottle
- Children are allowed to drink water during class time
- Friday is treat day and children may bring a treat to school on Friday for their break time snack.

PARENTS

Parents will be encouraged to support this policy by:

- Sending snacks in accordance with above list
- Encouraging children to extend their healthy eating to home

BOARD OF GOVERNORS

- The members of the Board of Governors are committed to this policy
- The policy will be reviewed annually by the B.O.G.