

St. Colman's Primary School/ Annaclone



All Saints' Nursery Unit

Healthy Eating

Vision Statement

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To be an inclusive, caring School where childhood and community are valued; one, which inspires learning for life and develops the personal qualities needed to succeed in a rapidly changing World. This vision will be best realised as we undergo a continual journey of collaboration and progress through partnership, leading to excellence.

Mission Statement

We believe that each child will succeed through experiencing quality in:

- A broad and challenging curriculum
- Innovative teaching and an investigative approach to learning
- A stimulating learning environment
- An enriching programme of extra-curricular activities and visits
- A rich, varied and up-to-date range of learning resources
- An ethos of support, challenge and encouragement to succeed
- Learning partnerships between the school, home and parish community

We demonstrate our commitment to working as a learning community by:

- Striving for continuous improvement in all that we do
- Working collaboratively towards common goals

Aims for the Pupils

St. Colman's Primary School and All Saints' Nursery Unit (Annaclone), promote high achievement and learning for life by working with the staff and children to:

- Develop enquiring minds and a spirit of curiosity
- Promote well-being and the importance of a healthy work/life balance
- Encourage excellence and the development of new skills
- Ensure the children in our school are immersed in their community but are also forward facing and expansive in outlook
- Achieve their highest standards in all areas of the curriculum

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- ❑ Have high self-esteem - respecting themselves, others and the environment by our positive approach to behaviour thus ensuring that each individual is motivated to do his/her best
- ❑ Utilise and provide opportunities to develop their thinking skills enabling them to work independently or collaboratively
- ❑ Be an integral part of the Parish community - one which fosters a faith commitment to Christ and prepares pupils for a fuller participation in the life of the Church
- ❑ Seek to extend themselves in mind, body and spirit
- ❑ Become highly motivated life-long learners
- ❑ Gain advanced technological skills and an awareness of Global Issues
- ❑ Be flexible and adaptable for the modern world

Our School Values:

- Happiness and enjoyment
- Effort, attitude and perseverance
- Team, school and community spirit
- Honesty, fairness and trustworthiness
- Respect and tolerance
- Politeness, kindness and caring
- High standards of behaviour
- Partnerships and collaboration
- Resilience



Ethos of the School

St Colman's Primary School and All Saints' Nursery Unit sets out to create a caring and supportive environment, where all children can develop intellectually, emotionally, physically, socially, morally and spiritually.

In addition, the delivery of the curriculum is designed to develop interest and motivation in children using enthusiastic teaching and interesting and relevant learning activities.

- Children are encouraged to achieve high standards and are given as much help as they may need in order to achieve success.
- There are many extra-curricular activities that encourage co-operation and discipline through team games. Children are further encouraged through a variety of musical/dramatic productions to develop self-discipline.
- Within this context there is a code of discipline that is consistently enforced to ensure that the education of children takes place in an orderly and caring environment.
- Through continual monitoring of individual children's achievements, class teachers provide work pitched at a level that challenges each child yet does not frustrate.
- Good relationships within the School are vital. The staff set an example by working well together with a harmony of purpose and providing an interesting and caring environment within their classrooms.
- As part of the pastoral dimension of the School, children are taught how to care for others, to respect other people's points of view and to respect property. Children are encouraged to contribute to charity and to help people who are less fortunate than themselves.

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A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. The seeds of good health are sown in childhood, and good nutrition is essential for good health.

WE WOULD ASK FOR OUR PARENTS' COOPERATION AND UNDERSTANDING WITH RESPECT TO THIS POLICY, A NUMBER OF OUR CHILDREN HAVE NUT ALLERGIES AND THAT IS ANOTHER REASON WE ARE REQUESTING THAT YOU SUPPORT THIS MATTER.

Aim

At St. Colman's Primary School we aim to:

- Create an environment, which promotes the health and well-being of all staff and pupils.
- Deliver Healthy Eating Education within the curriculum in a way that is meaningful and which complies with statutory requirements.
- Ensure that all aspects of school life promote positive healthy Eating messages.
- Encourage the active involvement of parents, community and health service agencies to advise, support and contribute to the promotion of good health.
- Deliver Health Education as a cross-curricular issue and take every opportunity to address the issue as an integral part of teaching.

Purpose

- To ensure that pupils have the opportunity to choose healthy meals and snacks in School.
- To encourage a healthy lifestyle through the association of healthy food with exercise and the promotion of health-enhancing habits.
- To promote a positive outlook on life and an awareness of the consequences of healthy and unhealthy choices.

Benefits of Healthy Eating

- Healthy Eating is essential if you are to lead a full and active life.
- Helps young people develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems later in life, including heart disease and cancer.
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult. Sitting down to a meal with other children is an important part of a child's social education.

Consequences of Unhealthy Eating

- Hungry children are more likely to have behavioural, emotional and academic problems at school.
- Research suggests that not having breakfast can affect children's intellectual performance.
- Poor eating habits and inactivity are the root cause of overweight and obesity. The percentage of young people who are overweight has almost doubled in the last twenty years.
- Eating disorders are extremely common among young people.

- 76% of teachers believe overweight school children are bullied more than any other group.

Policy and Recommendations

Healthy Eating is covered across all year groups and is not only limited to classroom activities, but something which we enforce in all aspects of school life.

Curriculum

Healthy Eating is clearly identified and addressed in the following areas:

- World Around Us
- Personal Development and Mutual Understanding
- Physical Education

Nutrition

Pupils should be given the information and skills to enable them to make responsible decisions about their diet. They should know and understand the contribution of food to growth and health. Children will:

- Learn about a healthy diet.
- Explore relationships between diet and dental health.
- Develop an understanding of and practise the safe handling of food.
- Be encouraged to bring healthy food for break-time and lunch time.
- They are encouraged to eat fruit and/or vegetables, bread based snacks, milk or water for break-time.
- Be encouraged to eat a balanced lunch, containing fruit or vegetables.

Breakfast club

All children can avail of our Breakfast Club which operates from 8:10am to 8:45 am. Our overall aim is to provide the children with a nutritious breakfast to ensure they maximise their learning throughout the day. It is our policy that only healthy options are offered to the children, e.g.

- Sugar is not provided for cereals
- Pure Orange, water and milk are provided instead of sugary drinks
- Both white and brown bread are provided daily
- Cereal available daily
- Flora is used instead of butter
- Fresh fruit & yoghurt are available daily

The remainder of the children's time in Breakfast Club is spent under supervision participating in games, physical and/or art activities.

Break-time Policy

We realise snacks can be an important part of a healthful diet. Well chosen snacks can help you manage weight, hunger, health and energy. See Healthy Break-time Snack Policy for details.

Lunchtime

Our overall aim is to provide a diet that contains:

MORE - bread, cereals and other starch foods

MORE - fruit and vegetables

LESS - fat, sugar and salty foods

To ensure a **BALANCED** diet, we ensure that foods from each of the following food groups are included within the daily menu:

- Bread, cereal and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Limited amounts of foods containing fat and sugar

Our Key Message to our pupils is:

- Enjoy your food
- Eat a variety of foods, from all the food groups each day
- Don't skip meals

Roles and Responsibilities

Staff

All staff will actively support, contribute to and be involved in the promotion of healthy eating. All staff will participate in staff development as and when necessary.

Parents

Parents are asked to support the school in the promotion of healthy eating; particularly in the provision of healthy snacks and lunches.

Governors

The *Governors* will monitor the implementation of this policy and evaluate and review regularly.

Advice, information and guidance from the following agencies is used in the forming of this policy and the delivery of Healthy Eating:

- Education Authority
- Health Promotion Agency - EHSSEB
- Dairy Council of Northern Ireland

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Healthy Break-time Snack Policy

"St. Colman's Primary School recognises the important role of health and nutrition in children development and the need to encourage healthy eating habits from an early age, to help children reach their full potential".

The "Healthy Break-time Policy" is part of a broader Healthy Eating Policy that has been agreed by the staff, governors, pupils and parents of this school. It aims to promote the dental health of the children by ensuring that they do not take sugar containing snacks and/or drinks between meals during the school week.

To comply with the criteria for the EHSSB "Save our Smiles Award", the implementation of the policy will be monitored by community dental staff on an annual basis, and the policy itself will be reviewed every three years.

This policy addresses the following issues:

- ❖ Mid-morning breaks should consist of **fresh fruit/vegetables, and/or bread based snacks with a sugar free filling i.e. no jam or nutella type fillings, a plain rich tea or digestive biscuit (no form of cereal bars or chocolate biscuits please).**
- ❖ **Water** is the only drink permitted during mid-morning break.
- ❖ Sweet, flavoured and fizzy drinks are not permitted during mid-morning break. Parents are requested to only send snacks and drinks with their children that comply with those listed above.
- ❖ Special dietary needs are respected. Parents are asked to provide a copy of the diet sheet provided by the State Registered Dietician.

We would value the support of everyone involved in helping us to carry out this important school policy.

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