

## **Church Street National School Healthy Eating Policy**

### **1. Purpose**

At Church Street NS, we recognise the important role that healthy eating plays in children's growth, development, and learning. This policy aims to promote positive attitudes towards food, encourage nutritious choices, and support families in providing balanced meals and snacks.

### **2. Aims**

- To encourage children to eat a healthy, balanced diet.
- To teach pupils about nutrition and the importance of healthy food choices.
- To create a consistent message about healthy eating across the school day.
- To allow occasional treats in moderation while maintaining high standards of nutrition.

### **3. Guidelines**

#### **a) Lunches and Snacks**

- Children are encouraged to bring a healthy packed lunch containing a balance of:
  - Fruit and/or vegetables
  - Protein (e.g., meat, fish, eggs, beans, or pulses)
  - Wholegrain or high-fibre carbohydrates (e.g., wholemeal bread, rice, or pasta)
  - Dairy or dairy alternatives
  - Homemade goods
  - Hot food prepared at home
- Foods high in fat, salt, or sugar (e.g., crisps, chocolate bars, pastries) should be limited.

#### **b) Drinks**

- Only water, milk, 100% fruit juice (in moderation) are permitted in school.
- Homemade smoothies are permitted.
- Fizzy or carbonated drinks, including "no added sugar" varieties, are not allowed.
- Soup and non caffeinated hot drinks are permitted in the Senior Room under supervision

### c) Treats and Sweets

- Sweets and confectionery may only be brought or served on Fridays as a special treat day.
- Teachers will remind pupils and parents to keep portions small and appropriate.

### d) Home Baking

- Home baking is welcome, provided items are:
  - Clearly labelled with ingredients (to support allergy awareness)
  - Shared on special occasions (e.g., birthdays, fundraising events, class celebrations)
  - Offered in moderation, encouraging healthier recipes where possible (e.g., reduced sugar, fruit-based, wholemeal options)

### e) School Meals

- Where school-provided lunches are available, menus will follow national nutritional standards and include a wide variety of healthy options.

## 4. Education and Involvement

- Healthy eating will be taught through the curriculum, including science, health and wellbeing, and practical food lessons.
- Parents and carers will be encouraged to support the policy through newsletters, workshops, and information leaflets.
- Staff will model healthy eating behaviours.

## 5. Monitoring and Review

- The policy will be reviewed annually by staff, pupils, and parents to ensure it remains relevant and effective.
- Feedback from the school community will guide any updates.
- School events that promote positive food choices.

## 6. Partnership with Parents

We value the support of parents and carers in making this policy work. Information and reminders about healthy eating will be shared through:

- Newsletters
- Parent meetings and workshops
- The school website

### Quick Reminders

- Healthy lunches and snacks every day
- Home baking allowed with ingredients labels
- Sweets only on Fridays
- No fizzy drinks at school

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Policy Review Date: \_\_\_\_\_

Approved by:

Chairperson \_\_\_\_\_

Principal \_\_\_\_\_