

# **MALLUSK INTEGRATED PRIMARY SCHOOL**



## **Policy on Healthy Eating**

### **Ethos**

The staff, supported by the Governors, promote a healthy lifestyle for pupils. The children are helped to make healthy food choices and to keep well hydrated while in school. School meals are monitored for quality and follow Dept of Education's New Nutritional Standards for School Lunches guidance. Parents are asked to support the school's policy on healthy eating, and are involved in a programme of events and projects aimed at teaching and maintaining high standards of nutrition.

### **Curriculum**

Healthy lifestyle is taught throughout the school as an integral part of class themes. PE is taught twice a week in all classes and includes opportunities for swimming during Key Stage 2.

### **Information to parents**

Parents are sent regular, written reminders of the school's healthy eating culture. These reminders may take the form of notes from the Principal or information leaflets and menu ideas from organisations such as the Health Promotion Agency. Parents of new P1 pupils are informed of the school's policy during their initial information session in June.

### **Provision in school**

Drinking water is provided in school and pupils are encouraged to drink at any time during the school day. Teachers encourage the use of water bottles in class.

We endeavour to provide an attractive dining hall and operate a rota of class displays aimed at the promotion of healthy eating.

Pupils receive small prizes and stickers if they eat all their lunch, and children are rewarded in assembly for "healthy lifestyle behaviour". Healthy break charts keep a record of children who regularly have healthy food in their break. These children receive a prize at the end of the year.

### Lunchtime

The school provides school meals prepared at nearby Ballyhenry PS kitchen. Menus and meals are monitored regularly by the Principal. Any special dietary requirements of pupils are collated at the start of the year and conveyed to the Supervisor at the kitchen and to the school meals staff.

### Children

The pupils are expected to bring healthy snacks and lunches to school, and these are monitored by staff.

### Outside agencies

Representatives from the School Dental Service visit the school annually and run a competition on dental hygiene and correct brushing.

Once a year, the school nurse presents a short session to all classes on the importance of a healthy lifestyle.

Review date: September 2016