

TALBOT PRIMARY SCHOOL

HEALTHY FOOD POLICY

Rationale:

- Healthy nutritional habits are essential to the growth and development of children.

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting Curriculum.
- Lessons relating to healthy foods and healthy eating will form part of each child's Health & Physical Education curriculum studies.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: garden project, Fresh Fruit and Healthy Snacks,
- The school will ensure that all foods provided by the shop for lunch orders comply with the school council's approved healthy foods list.
- The staff will ensure that a supply of drinkable water is available at the school at all times.
- At least once per year the whole school will focus upon a theme of healthy foods.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons.
- The school in its fundraising will not sacrifice healthy foods for the sake of profits. Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Staff are to inform the principal of students who appear to be provided with inadequate food for the day.
- Only fresh fruit and vegetables are permitted for eating during the fruit breaks within the classroom.
- Pies/sausage rolls/pasties will be available twice a term through the lunch orders.

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in....

2016
