

# Richmond Primary School



## Healthy Eating and Drinking Policy

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Richmond Primary School aims to encourage healthy eating and drinking through

- The curriculum
- The provision and promotion of healthy food and drink during the school day and on school trips.
- The school environment

### Why is a Healthy Eating Policy needed?

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that the diets of the young people are not meeting healthy eating recommendations for optimum growth and development.

Immediate benefits of healthy eating include:

1. Improved concentration.
2. Preventing dental decay, diabetes and obesity.

Longer term health benefits include: prevention of coronary heart disease, some bowel disease, some cancers and osteoporosis (brittle bones).

### Drinks

Children are allowed to bring plastic clear water bottles in from home. The bottles need to have a sports cap to prevent spillages. Only water is allowed in these bottles in class. Children are also encouraged to drink milk each day at break time and parents pay for this on a monthly basis.

### Mid-morning Snacks

This school requires all children to participate in the school's Boost Better Break Policy.

P1 – P3 children bring in £2 for break – toast, fruit, cereal, cheese and crackers and pancakes.

P4 – P7 children bring in money each day and can choose from fruit, vegetables, pancakes, crackers and cheese and toast.

### School Meals

This school works with the EA catering service to ensure that healthy choices are available throughout the mealtime and that the national nutritional standards are met. Fruit and vegetables are included as part of meals and where possible steps are taken to reduce fat, salt and sugar of food provided. Milk and water are provided each day.

### Packed Lunches

This school encourages parents to provide a healthy packed lunch for their children.

### Involving Pupils and Parents

This school encourages participation by pupils and parents to determine food provision in school, for example by consulting on healthy eating and drinking issues.

### In the Classroom

Healthy Eating will be promoted through individual subjects and in Cross Curricular ways through PDMU. Children's posters are also used to encourage healthy eating and parents are also asked to take up any healthy eating initiative which the school may embark upon.

This policy will be reviewed regularly.