

Healthy Eating Policy

Mission statement

At Botanic Primary we aim to provide a positive, supportive and stimulating environment for all our children.

We aim to provide an environment where children are:

- Encouraged
- Seen
- Valued

As such we endeavour to improve the health of our whole school community by teaching pupils and families ways to establish and maintain life-long healthy eating habits. Botanic PS advocates a whole-school approach to all food provided and consumed in school and developing knowledge and skills in relation to healthy eating and lifestyles, as noted in the Food in Schools Policy DENI, September 2013).

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through their knowledge and awareness of food issues, including what constitutes a healthy diet.
- To encourage the pupils to have a positive attitude towards a healthy lifestyle.
- To ensure that food provision in the school reflects the medical and ethical requirements of children and staff, for example: medical, allergenic, religious, ethnic and vegetarian needs.
- To ensure a safe, easily available water supply during the school day.

Objectives

- To work towards ensuring that this policy is both accepted and embraced by all stakeholders.
- To integrate these aims into all aspects of school life, in particular food provision within the school, the curriculum and social activities.
- To ensure that pupils with anaphylaxis are safe in school and that no nuts or kiwi are brought into school as snack or packed lunches.

Methods

At Botanic P.S., healthy eating and lifestyles are promoted within a whole school approach which may include:

- Nursery healthy break every day (provided).
- P1 – P2 Healthy break provided every day (provided)
- P3 – P7 Required to bring their own healthy break every day

Botanic Primary School

Delight in Effort, Achievement and Respect

- Free fruit is provided for all children, Nursery to P7 through the Extended School programme
- Year group topics that cover healthy lifestyles through Science, P.E. and PDMU.
- Through the Eco School Programme Healthy Living unit
- After school clubs e.g. wall climbing, sports.
- Cycling to school is encouraged where it is safe to do so. Working with Sustrans to encourage and promote walking or cycling to school
- School dinners regularly offer fruit and yoghurts as dessert.
- During break and lunchtime play pupils are encouraged to play with outdoor or P.E. equipment
- Outside agencies are invited into school to supplement our healthy lifestyle approach i.e. sports coaches and the Dental Education Service.
- Fun days where pupils participate in an active day of physical activities and healthy food is promoted.
- Our school kitchens show sample meals and talk to the parents about school dinners at the Nursery and P1 introduction sessions in June for children to be enrolled in September.
- Parents are encouraged to provide healthy snacks and packed lunches.
- Pupils are encouraged to drink water throughout the day and 3 water fountains are available throughout the school.
- School meals cater for a wide range of dietary requirements; food intolerances and religious requirements. Parents must ensure they have completed the special diet request form which is available from the school office.
- **Families will be reminded on a regular basis that nuts and kiwi cannot be brought into school.**
- Please note that we don't allow birthday cakes to be brought into school due to allergies, dietary requirements, time constraints and our promotion of healthy eating

Monitoring and Evaluating and Review

The policy will be monitored on an ongoing basis and changes made where appropriate.

Benefits of healthy Eating

A healthy diet is one of the best ways of maintaining young people's health. It will help meet eating recommendations for optimum growth and development. Immediate benefits of healthy eating include improved concentration and help against asthma, anaemia, dental decay, diabetes and obesity. Longer term health benefits include prevention of coronary heart diseases, some cancers and osteoporosis.

Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.

Botanic Primary School

Delight in Effort, Achievement and Respect

Links

See Whole School Policy (2015) Botanic P.S. Healthy Breaks for School Guide- Public Health Agency [https://www.publichealth.hscni.net/sites/default/files/2019-06/Healthy Breaks for Schools A5 Leaflet ENGLISH.pdf](https://www.publichealth.hscni.net/sites/default/files/2019-06/Healthy%20Breaks%20for%20Schools%20A5%20Leaflet%20ENGLISH.pdf)

Reviewed September 2025
Next review September 2028

