

# Sperrinview Special School

## Whole School Healthy Eating Policy

### Aim

To promote the health and well-being of pupils and staff through all aspects of food and nutrition.

### Objectives

#### Break-time

- Continue to implement a healthy break initiative throughout the whole school, whereby crisps, chocolate, fizzy and other sugary drinks are discouraged.

#### Lunch

##### School Meals

- Chips and other fried products are served twice per week
- Fruit, fresh milk, bread, yoghurt and water will be provided every day
- Salad will be available every day for any pupil who wants it.

##### Packed Lunch

- Dietetic written advice is available for parents regarding healthy lunch box choices.

#### Water provision in School

- One water cooler is situated in the front hall of the school and one in the senior block. Pupils will be encouraged to drink water regularly throughout the day.
- Staff are encouraged to lead by example

#### Reward Systems in School

- The use of sweets etc as rewards is discouraged in the class.

### **Social Events/Parents Evenings**

- Food and drinks that are provided at these events should be healthy and nutritious.

### **Monitoring and Evaluation**

The Whole School Healthy Eating Policy will be monitored and evaluated on an ongoing basis through consultation with pupils, staff and parents.

### **Review**

A sub-committee of the Board of Governors will monitor and evaluate the effectiveness of this policy as part of a timetabled, on-going process.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_