

### Drinks

- ◆ Milk and water (tap or still) are the most suitable drinks for mid-morning break and lunch.
- ◆ Fizzy drinks are not permitted

In P3-P7 a plastic container of water can be brought to school each day to be available for your child to sip throughout the day.

Please check food labels for salt, fat and sugar content, some foods that appear to be healthy, may not be!

### Foods to Avoid

- ◆ Crisps
- ◆ Pastries and Cakes
- ◆ Biscuits
- ◆ Sweets
- ◆ Chocolate

These are all suitable as treats but not as a regular part of a healthy diet.

Special dietary needs will be respected.

Many thanks for your help and support in this matter. I am sure that you will agree that this is a very important aspect of our children's overall development and well-being.

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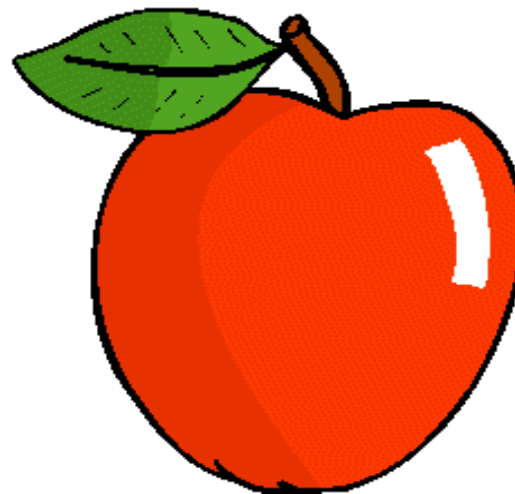
# Lisnasharragh Primary School

# Healthy Eating

# Policy

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## Guidelines for Parents



### Healthy Breakfast Club

7.45am - 8.45am

Advance notice of attendance is  
not required.

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[www.lisnasharraghps.com](http://www.lisnasharraghps.com)

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## **Lisnasharragh Primary School Healthy Eating Policy**

"Nutrition is central to health, and children's diet can be an important influence on their health now and in the future. Good nutrition in childhood can therefore help protect against chronic diseases in later life. In Northern Ireland obesity levels in children are increasing, with nearly a quarter (22%) of all children starting primary school being classed as overweight or obese. Recent studies which measured children's weight and height at home and in primary school suggested that this figure remains steady with age and is likely to increase rather than decrease."

**School Food—The Essential Guide (Health Promotion Agency/DE/Department of Health) - 2010**

### **Aims and Values**

Lisnasharragh Primary School is committed to encouraging and developing positive attitudes towards a healthy diet. Food is central to life and the activities we engage in. We want the children to understand that good nutritious food is essential to their ability to learn as well as their long term health. Our aim is for our children to apply their knowledge of food and make healthy choices both in and out of school. These aims and values will be promoted throughout the school in a variety of ways.

### **Nuts**

Nuts or items with traces of nuts are not permitted—Lisnasharragh is a nut free school. There are often children attending with management plans for anaphylaxis. Staff are trained in the use of the epi-pen at least once a year when there are children with plans attending the school.

### **Breakfast**

Breakfast is probably the most important meal of the day. It is needed to kick-start the body after a long night's rest and will give the children the necessary energy to concentrate and learn properly in the morning. Children should come to school having had a proper breakfast. Our school Breakfast Club operates daily from 7.45am - 8.45am.

### **Mid-Morning Break**

We consider our children's break to be a mid-morning snack that offers the children the opportunity to top-up energy reserves until lunch time. Primary 1 and 2 children are supplied with a healthy snack at break time. We would recommend that P3-P7 children's mid-morning break should consist of a drink and one of the following:

- Portions of fresh fruit, for example, apple or pear
- Fruit pots in natural juice
- Portions of raw vegetables, for example, carrot or celery sticks
- Bread based snacks, for example, a roll or plain bagel
- Low fat fromage frais
- Low fat yoghurt
- Cheese portion with crackers or bread sticks

### **Lunch**

Children can have the option of a school dinner or they can bring a packed lunch. All packed lunches should be balanced and include a variety of foods, for example, sandwiches, filled wraps or rolls, items of fruit, raw vegetables, salads, yoghurt, and a suitable drink.

**Please turn over**