



Brodick



Corrie



Kilmory



Pirnmill



Shiskine



Whiting Bay



## Arran Primary Schools and Early Years Classes Healthy Eating Policy

### Background

Our schools aim to enable our children, staff and everyone working in partnership with the schools to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future.

**Article 24 (Health and health services):** Children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy. Rich countries should help poorer countries achieve this.

### Our practice

- Work closely with outside agencies to encourage a wide range of health related activities.
- Engage and work with parents and carers to provide all children with positive experiences which promote and protect their health.
- Promote the health of all the school community.
- Provide a range of stimulating experiences for all pupils.
- Healthy School Meals provided by North Ayrshire Council (free for P1-3 children).
- Fruity Wednesday and Fruity Friday options for school lunches.
- Daily snack time organic milk available to purchase for 18p per day.

### Staff Responsibilities

The school will actively encourage a healthy approach to eating. Staff will observe and encourage healthy playtime snacks. Staff in the dining room will encourage pupils to try new foods and to eat a healthy lunch. When cooking or baking in school a balance must be struck between sweet and savoury dishes.

Staff using food in class have responsibility to seek permission from parents. Parents must always be informed. Particular attention should be paid to allergies and medical conditions.

Pupils wishing to give a treat to their classmates must give them out at the end of the day when parents can decide if they are eaten.