

Healthy Eating Policy

Introductory Statement

This policy was formulated in consultation with teachers, pupils and parents in 2005.

The policy was reviewed and ratified by the Board of Management in September 2012.

Rationale

This policy was formulated to encourage the children to incorporate healthy eating into their lifestyle.

Relationship to Characteristic Spirit of the School

This policy is in keeping with the school ethos by promoting a lifelong education of healthy eating for mind and body.

Aims

We hope to:

- heighten an awareness of the importance of a balanced diet
- encourage the children to make wise choices about food and nutrition
- to raise levels of concentration within class due to consumption of healthy food.

Guidelines

Current Good Practices:

- Lunches are eaten indoors before going out to play. This habit encourages the children to focus on eating their food and enjoying it. An added advantage is the fact that litter problems are managed within the classroom.
- We promote healthy eating through
 - the SPHE programme
 - information leaflets from An Bord Bia etc.

Proposed Action Plan

It is proposed to encourage children to eat healthy lunches and discourage unhealthy food and drinks.

Exceptions:

Children may

- have **one** treat in their lunch box on Fridays
- have treats at end of term parties

- on school trips
- on sports day

Example of healthy lunches

- Sandwiches (preferable wholemeal bread)
- Crackers
- Pasta salads
- Fruit
- Yogurt (fruit or natural)
- Cheese
- Raisins
- dried fruit
- vegetables (carrot sticks; cucumber etc.,)
- milk
- water
- fruit juice
- diluted drinks – preferably sugar free
- Homemade treats
- **NO CEREAL BARS**

On Friday **one** treat may be picked from the list below and brought to school as part of the pupil's lunch, if parents wish.

- Cereal bar
- Slice of cake
- Bun
- Small bar of chocolate
- Sweets
- Chocolate yoghurt
- biscuits

Fizzy and Energy drinks, crisps, popcorn, chewing gum and lollypops are strictly banned.

What if children bring discouraged food to school?

If children bring unhealthy food to school they will not be allowed to eat it and they will be asked to take it home. If there is no alternative healthy food in their lunch box then they may phone their parents to request a healthy lunch. If the parent is not contactable an effort will be made by the school to provide a healthy snack.

If children persist in bringing unhealthy food to school their parents/guardians will be contacted to discuss the problem.

Implementation

This policy comes into effect immediately.

Review

This policy will be reviewed in October 2014.