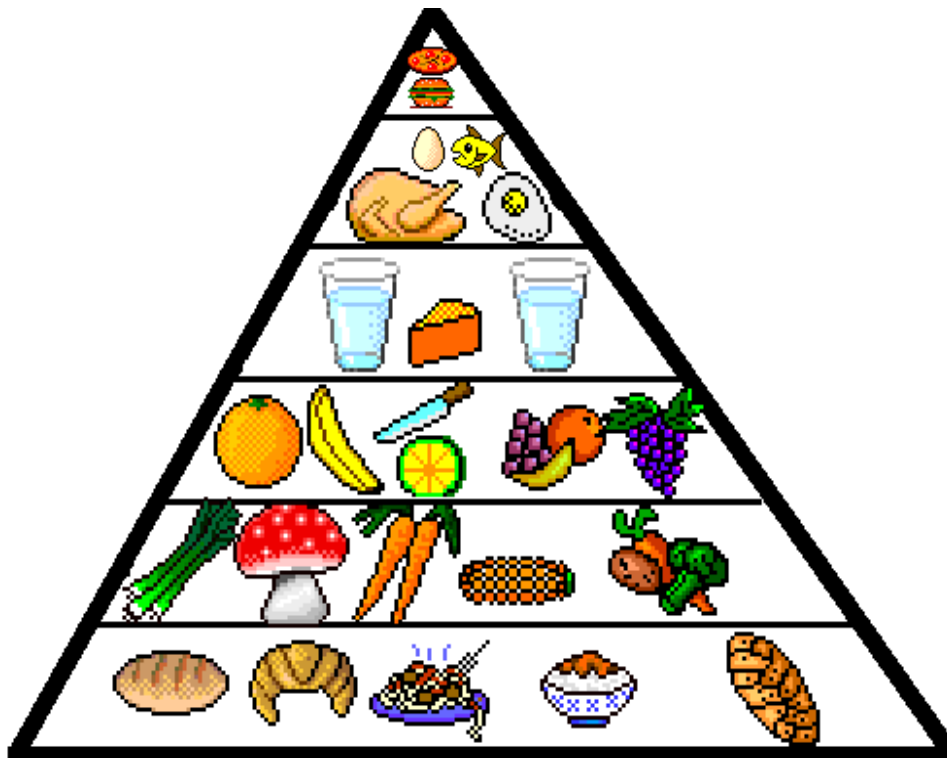


HEALTHY EATING POLICY



INTRODUCTORY STATEMENT

St Tola's N.S aims to help all those involved in the school community (children, staff, parents/guardians) to develop positive and responsible attitudes to eating, and to appreciate the contribution that good food makes to our health.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life)

This policy was formulated after consulting pupils, staff, parents/guardians, the Parent's Association and Board of Management.

It was ratified by the Board of Management at its meeting of 20th September 2010.

RATIONALE

It was felt that this policy was necessary as

- Healthy eating is an essential component of the overall health of children. By encouraging healthy eating patterns we educate children for later life.
- Healthy eating is part of the SPHE and Science programmes for each class

Relate to SPHE

Taking care of my Body – Food and Nutrition (Curriculum Junior Infants – 6th Class)

Relate to Science

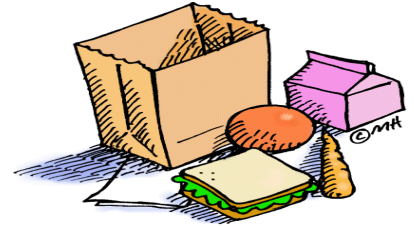
Myself: Human Life Processes (Curriculum Junior Infants – 6th Class)

AIMS

By introducing this policy we hope

- To help all those involved in the school community – children, parents and staff – to develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
- To encourage children to eat a variety of foods from the recommended food pyramid (see attached)
- To encourage the children to make wise choices about food and nutrition.
- To protect the environment by using recyclable containers and discouraging waste.

A HEALTHY LUNCHBOX



Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt.

SUGGESTED FOODS FOR A HEALTHY LUNCHBOX

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

MAIN LUNCH:

- Sandwiches, rolls, pitta bread, baps, scones etc. with a variety of healthy fillings e.g. turkey/ham/tinned fish/cheese etc.
- Fruit, vegetables
- Pasta/rice
- Salad
- Soup
- Quiche

DRINKS

- Water (preferably in a reusable bottle)
- Milk
- Diluted sugar free squash
- Unsweetened fruit juice



HEALTHY SNACKS

- Fruit – apples, oranges, kiwis, pears, plums, raisins, melon slices, bananas, grapes, etc.
- Raw vegetables – carrots, celery, cucumber, tomato etc.
- Cheese
- Popcorn (Plain- unbuttered and unsalted)
- Crackers
- Rice cakes
- Slice of plain cake/ fruit brack



REMEMBER take care with portion size. Small children need small amounts of a variety of foods.

- Children are permitted to bring a small treat e.g. plain biscuit, a small chocolate covered biscuit bar, low sugar cereal bar, a small muffin, a small slice of cake, etc on a Friday.

The following foods are not allowed in school

- Fizzy drinks
- Sweets
- Crisps and crisp products
- Chewing gum
- Fruit winders
- Cereal bars with a high sugar content



As we are a Green Schools the children are also asked to do the following

- All uneaten food, silver paper, wrappings, containers and cartons are to be taken home in lunch boxes
- Only fruit peel to be put into the schools compost bin
- For safety reasons, cans and glass are not permitted

A HEALTHY SCHOOL ENVIRONMENT

- Food and nutrition will be taught at all class levels.
- A Healthy Eating Week will be organised each year. We hope to get all involved – children, parents and staff.
- Healthy lunches will be promoted and celebrated regularly at Cruinniú and in the Thursday note.
- We will continue to source and use means to promote this policy e.g. posters, leaflets, the food pyramid, outside speakers and agencies
- Children have lunch while supervised in the classrooms. They are permitted to bring uneaten food into the yard.
- The use of sweets by teachers and parents as treats on special occasions is permitted though, where possible, healthy alternatives are encouraged.



ROLES AND RESPONSIBILITIES

WHAT CAN PARENTS DO?

Healthy eating begins at home so it is important that children are encouraged to eat a proper balanced diet.

- Parents and children can discuss and plan lunches together
- Parents can inform teachers of any food allergies/food intolerance that their child may have
- Parents can encourage the use of plastic bottles and lunch boxes to support the Green Schools Campaign
- Parents can check lunch boxes on a regular basis
- Parents can ensure that their children only bring foods to school which are in line with our Healthy Lunch policy

WHAT CAN TEACHERS DO?

- Teachers can organise and promote events which promote healthy eating e.g. art work competitions, healthy eating slogans. Teachers and pupils can plan healthy eating activities together
- Teachers can encourage healthy eating in an interesting and cross-curricular way
- Teachers themselves can give a good example of healthy eating
- Teachers can encourage children to eat their lunches but they cannot force a child to eat. Problems with lunches can only be resolved by parents and child.

WHAT CAN PUPILS DO?

- Pupils can plan out a weekly lunch menu in advance with their parents
- Pupils should not bring more food to school than they can eat
- Pupils can use their imagination. There is a wide variety of healthy foods they can bring to school.
- Pupils will try to use a lunch box instead of plastic bags and tinfoil.
- Pupils can sit down and eat their lunch quietly in the time frame allowed.. This will give them time to get out, chat and play games.
- Pupils can remind parents of healthy foods allowed at school.
- Pupils can support each other to implement the Healthy Lunches Policy.
- Older pupils can make their own lunch.



SUCCESS CRITERIA

We will know this policy is effective if the awareness of the school community is heightened and if all children bring healthy lunches to school.

TIMEFRAME FOR IMPLEMENTATION AND REVIEW

This policy will be implemented in 2010 and will be reviewed in September 2011. The principal will organise the review and consult with parents, staff and pupils.

