



Healthy Eating Policy

The schools Healthy Eating policy was discussed by B.O.M. parents and staff during the 1st term of school year 2006-2007. It was circulated to parents and discussed at a general meeting and by the B.O.M. in January 2007. This policy will be reviewed annually.

Rationale

It was felt that it was very important to place emphasis on the quality of children's lunches because

- The children need nutritious food during the day to enable them to perform to the best of their abilities in class.
- The problem of childhood obesity is a growing concern in Ireland and we feel we have a responsibility to educate the children in our care on the need for healthy food.
- Research in Britain and America has shown that when sugar, fats and additives are reduced in children's meals they
 - Work better in school
 - Are more co-operative
 - Sleep better at night
- Parents have reported that it is easier to stick to healthy lunches if it is school policy and no child has sweets or fizzy drinks.

Relationships to Characteristic Spirit of School

Our school ethos strives to develop the whole child, physically, mentally, emotionally etc. We believe that healthy eating helps the child to develop physically, mentally and emotionally. It also aids their learning and concentration.

Aims

- To encourage children to eat healthily.
- To facilitate parents who wish their children to eat healthy lunches without being tempted by others.
- To educate children about healthy food and form good eating habits which will last into their adult years.
- To improve children's concentration, behaviour and development.



Content

Our school is a Junk Food Free Zone. Junk food is banned. It is easier to stick to a healthy eating regime if everyone abides by it. We appreciate that it is sometimes easier and quicker to hand out bottles of fizzy drinks, chocolate bars, sweets, biscuits and packets of crisps in the morning than having to plan and make sandwiches etc. However, it is worthwhile.

No Junk Means:

No crisps, no chocolate bars, biscuits, fizzy drinks, sweets or similar products. Cereal bars are not recommended due to high sugar content. Children are allowed to bring one small treat on the swimming bus. Crisps or fizzy drinks are not allowed.

Suggestions

- Ensure child eats breakfast
- Encourage child to assist in selection and preparation of lunch
- Vary lunches
- Keep portions small

Suggested Foods

- Fruit
- Yogurt drinks
- Cheese
- Sandwiches filled with meat, cheese, salad etc.

Milk

The school operates a milk scheme whereby children can get a carton of milk at 11 o' clock break each morning. Calcium is very important for healthy teeth and bones and so children are encouraged to avail of this milk scheme. It is paid for at the beginning of each term.

Responsibilities

Parents: To provide a healthy lunch.

Children: To eat the lunch. Uneaten lunch should be taken home as this allows parents to know what is being eaten.

Teachers: To encourage children to eat a healthy lunch and to educate them about food and nutrition. This will be part of the S.P.H.E. curriculum. The diagram of the food pyramid will be on display in each classroom to draw attention to the foods we should be eating.

Success Criteria

Healthy lunches being eaten by all pupils.