

Healthy Eating Policy Scoil Naomh Iosef

Introductory Statement

By agreement with parents and in keeping with the principles of the SPHE programme, Scoil Naomh Iosef promotes healthy eating habits among its pupils. Our Healthy Eating Policy is associated directly with the SPHE curriculum. This policy was agreed upon and supported by the Board of Management and the Parents' Association. The Strand Units of the S.P.H.E. curriculum, 'Taking Care of My Body' and 'Food and Nutrition' require that children are educated and encouraged to take adequate care of their health and wellbeing and to develop a sense of responsibility for their good health. This policy also relates to the Science Curriculum under the Strand Unit 'Myself-Human Life Processes'.

Rationale:

Healthy eating is part of the S.P.H.E. and Science programmes for each class. It is an essential component of the overall health of children and as such is part of the holistic education that we advocate as part of our educational philosophy at Scoil Naomh Iosef.

Relationship to the Characteristic Spirit of the School

This policy relates to the ethos of the school in that we cherish all children equally and endeavour to enable them to reach their full potential for happy and healthy lives.

Aims:

- To promote the personal development and well-being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives:

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Other Intended Positive Outcomes:

- To improve the opportunities for our children to grow into healthy adults.
- To raise levels of concentration within class due to consumption of healthy food.
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc.

Guidelines:

Food eaten at school is regarded as a meal which is required for energy and good health. Lunch should provide one third of children's recommended daily allowance of nutrients without being high in fat, sugar or salt. The value of a balanced and varied diet is stressed. Personal hygiene is an important consideration. Pupils are encouraged to tidy up properly. Children are encouraged to take waste and packaging home.

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

Bread & Alternatives	Savouries
Bread or rolls (preferably wholemeal) Rice (Wholegrain) Pasta (Wholegrain) Potato Salad Wholemeal Scones Bread Sticks Crackers Pitta Breads	Lean Meat Chicken / Turkey Tinned Fish e.g. tuna / sardines Cheese Quiche
Fruit and Vegetables	Drinks
Apple, Banana, Peach Mandarins, Orange Segments (Peeled) Fruit Salad Dried Fruit Grapes Cucumber, Sweetcorn Tomato Coleslaw	Water Milk

We ask that children **DO NOT** bring the following to school :

Snacks known to be higher in sugar, saturated fat, salt , additives and preservatives, including the following:

- Crisps and other crisp style snacks
- Fizzy Drinks (including fizzy fruit flavoured water, juices, etc.)
- Sweets
- Chocolate Biscuits and Bars
- Chewing Gum
- Fruit Winders
- Popcorn
- Frubes
- Cereal Bars

On a Friday children may bring a small treat such as a fun size bar (multi-pack size), small bag of jellies etc.

This policy ties in very closely with our SPHE and Science policies where the children learn about healthy lifestyles and taking care of their body. We would also to highlight the connection that lies between this policy and our Green Schools initiative.

With this in mind, children are asked to:

- Take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- Put only fruit peel in the compost bins
- Not to bring in cans and glass for safety reasons

Parents:

Parents are informed of the Healthy Eating Policy prior to enrolment. We hope the policy will receive the full cooperation of parents. Where there are particular dietary requirements which cannot be accommodated within the policy parents are asked to give details.

Supports and Resources for Promotion of policy:

- Food tasting days
- Pictures and Posters
- Visits by Community Nurse and Dental Hygienist
- Lessons and Experiments relating to food
- Books and other resources in classroom libraries
- Integration with Gaeilge, Visual Arts, Music, History and Geography

Relationship to SPHE Curriculum:

Formal lessons, which relate to food are taught in all classes in the SPHE curriculum, nutrition, digestion, good health habits, hygiene etc. All these lessons are linked to the Healthy Eating policy of the school. The Healthy Lunch initiative is an ongoing, habit forming process, whereby the children accept that certain foods are more suitable than others at lunch time. Young children enjoy showing off and discussing their lunch box contents and provide encouragement for each other to make it a successful project. Please see Appendix 1 for the objectives of the S.P.H.E. curriculum that relate to healthy eating.

- On the day of a school match, parents and teachers will not stop at a shop to allow pupils to buy sweets or treats.
- **N.B.** Parents / Guardians of any child with a medical condition or allergies which requires a special diet should contact the school.

Responsibility for Success of Policy:

The implementation of this policy is the responsibility of parents, class teachers and the principals. The content of lunches is the responsibility of parents. We strive to ensure that the children in Scoil Naomh Iosef have equal access to proper nutrition during the school day by encouragement and positive reinforcement.

Timeframe for Implementation and review:

This policy was first implemented during the school year 2011 – 2012. It was reviewed in September 2015 and amended to include a guide to healthy lunch options and foods the school would like to discourage in lunches. This policy will be reviewed again September 2017.

Parents, children and teachers will be involved in the review.

Ratified by the Board of Management on 14/10/15

Signed: *Con Browne*

Chairman of Board of Management