

Scoil Phádraig Naofa

Healthy Eating Policy

Introduction

With the following guidelines we in Scoil Phádraig Naofa hope to help all those involved in our school community, children, staff and parents, to develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

Healthy Eating is an important issue covered throughout the year in the various SPHE strand units:

SPHE

- *Strand Unit : Taking Care of My Body :Food and Nutrition and Making Choices.*

Healthy Eating also relates to our Science Curriculum:

- *Strand Unit: Myself : Human Life Processes.*

Healthy Eating Policy Guidelines.

- *A healthy lunchbox should include at least one piece of fruit or raw vegetable.*
- *Sandwiches, rolls ,baps and pitta bread using wholemeal or wholegrain flour are recommended.*
- *Fillings encouraged are: meat, chicken, cheese, fish, egg or salad.*
- *Children should have a drink at lunch. Milk and water are the best choices. Unsweetened fruit juice or diluted sugar free squash are also suitable drinks if taken with food.*
- *Healthy snacks include yogurt, flapjacks, crackers and popcorn.*
- *Fizzy drinks are not allowed.*
- *Crisp and crisp-related products are not allowed.*

- Sweets, chocolate and bars are not allowed with the exception of end of term parties (Christmas, Easter, Summer and School Tour outings).
- Chewing gum is not allowed.
- Plain Home baking is allowed and welcomed.
- Our school is a designated **PEANUT FREE ZONE** for both children and Staff.

Roles and Responsibilities .

Role of Parents/Guardians

- To assist the school in encouraging healthy eating.
- It is imperative that parents advise the school of any allergies or special dietary needs or problems.
- To implement the healthy lunch policy by giving children healthy option foods.

Role of School

- To promote and encourage healthy eating.
- To teach the theory of healthy eating through the curriculum i.e .SPHE curriculum.
- To display a poster of the Food Pyramid in each classroom.
- Teachers will give good example through their own healthy eating habits.
- To research and use initiatives promoted by Safe Food. The H.S.E . and other healthy eating promoting bodies.

Role of the Children:

- To support the school healthy eating policy.
- To eat the lunch given to them from home.
- To bring home all leftover food and food packaging , thereby reducing litter and protecting our school environment in line with our Refuse and Recycling Policy.

- *Children are not allowed to swap any part of their lunch to minimise the risk of an anaphylactic attack to a vulnerable student.*
- *To help make their healthy lunches at home.*

Timeframe for Implementation

The policy will be fully implemented immediately following discussion with the Board of Management.

Timeframe for review

The policy will be reviewed regularly.

Responsibility for Review:

- *Staff : feedback on their classroom success or otherwise. This will be discussed at a staff meeting.*
- *Parents : The Parents' Association will be asked to conduct a survey among parents on how best to maintain the Healthy Eating policy.*
- *Pupils will be asked their opinions on the Healthy Eating Policy.*
- *The review will be co-ordinated by the Deputy Principal.*
- *The Board of Management will discuss the policy and any recommendations will be included in the review.*

Ratification and Communication .

The Board of Management reviewed this policy 12th June 2018. It will be available in the school office on request.