



## HEALTHY EATING POLICY.

(In line with Health Education in S.P.H.E.).

**The aims and objectives of this Policy are:**

- to develop awareness in pupils that eating habits formed in early childhood can influence their health and well being throughout their lives.
- to improve the current eating habits of the children.
- to facilitate improved concentration and learning.
- to enable each child to appreciate the importance of good nutrition for growth and development and for staying healthy
- to enable each child to accept some responsibility for making wise food choices and adopting healthy eating habits

**We will achieve these aims only with the co-operation of the Parents / Guardians and through EDUCATION:**

**Formal Learning:** (This will be age appropriate).

- The children will learn about food as part of their Social, Personal and Health Education (S.P.H.E.) Programme.
- During specific (S.P.H.E.) lessons time will be spent familiarising the children with good nutritional practices.
- Emphasis will be placed on learning about the "food Pyramid" which will show the children the different food groups. (See Appendix 1)
- Pupils will be helped and encouraged to choose from the food groups that will ensure an adequate intake of all necessary nutrients.
- students will also be taught that those energy-giving foods, (e.g. sweets, chocolate etc.) are good in themselves when taken in moderation, but if taken in excess they cause an imbalance in diet.

**Informal Learning:**

1. Pupils will be praised for having healthy lunches, and healthy attitudes!

2. **Children are supplied with sufficient healthy lunches by Carambola.**  
Additional food is not required unless participating in after school activities.
3. Each child will bring home the remains of their lunch, in this way Parents / Guardians will be able to see what a child has eaten.
4. Emphasis will be placed on what is a 'good lunch'. The teachers' role is to educate and encourage but ultimately it is **the responsibility of Parents / Guardians to implement the Healthy Eating Programme.**
5. Exercise will be encouraged as part of a healthy life style.

#### **EXTRA CURRICULUM SUPPORT:**

- Use of outside speakers from Health Board to support healthy eating, organised by Parents Association.
- Poster Competitions.
- The use of colourful and fun posters around the school will add to a 'good food atmosphere'. (These posters are promoted by the Health Promotion Department.)

#### **WHOLE SCHOOL APPROACH:**

A whole school attitude to healthy eating will be encouraged. This will be formally demonstrated during lessons. It will be informally expressed in the school's Ethos, where attention will be drawn to healthy lunches, habits and regular exercise.

#### **THE HEALTHY LUNCH:**

Children are encouraged to take the nutritionally balanced and free school lunch supplied by Carambola but in the event that their parents chose not to do so - Children will be encouraged to bring at least one each of the following:

- Protein filled sandwich (e.g. cheese, cold meat, tuna)
- Healthy Drinks (e.g. water, milk, natural fruit juice, soup etc.).
- Piece of fruit: (apple, orange, grapes, strawberries, blueberries)
- Yoghurt (in a carton, tub or as a drink, but not in tube form as these are easily spilled).
- Chopped vegetables.
- Rice.

## THE NASTIES:

We ask that the children do not bring the following to school

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn.

## FRIDAY TREAT:

On Friday children may bring **one small treat** item, e.g. small bag of buttons, small chocolate bar, small bag of jellies, small bag of popcorn - but not large amounts!

## GREEN FLAG SCHOOL

Our green school motto is:

**Reduce, Reuse and Recycle**

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- not bring in cans and glass - for safety reasons.

## ALLERGIES / MEDICAL

**N.B. Parents/guardians of any child with a medical condition or an allergy which requires a special diet should contact the school.**

## GENERAL:

Teachers will inform pupils if they may bring 'sweet items' / treats on other occasions e.g. Christmas party, school tours etc. Such decisions will be at the discretion of the Principal and Class Teacher.

Review and Ratified in June 2016.

Ratified by Board of Management on 18th June 2014

Signed:   
DON HARPER, CHAIRPERSON.

## Appendix 1

A very simple approach to healthy eating is to use the Food Pyramid :

