



Introductory Statement:

Good nutrition is essential for school children. Physical activity is integral to any healthy eating programme and hence should be promoted and encouraged. In consultation with the Parents' Group and staff, a Healthy Eating Policy has been adopted by the Board of Management in Holy Family G.N.S.

Rationale:

Healthy eating is an essential component of the overall health of the pupils and as such is part of the holistic education that Holy Family G.N.S. advocates in its education philosophy and mission statement. The adoption of the whole school approach ensures that healthy eating messages are part of every aspect of life in our school.

Healthy eating is an integral part of SPHE (Social, Personal and Health Education) food and nutrition curriculum programme for each class. Research indicates that the provision of nutritious lunches enhances not only the pupil's health but also allows the pupil to take full advantage of the education provided by improved attention levels and concentration spans.

Key healthy eating messages that are consistent and fact based assist pupils in decision making and forming attitudes around healthy eating.

As part of the Social, Personal and Health Education (SPHE) Programme, at *Holy Family G.N.S.* we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims

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

Objectives

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

Healthy Eating Policy

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.

The school operates a free lunch scheme in accordance with Department of Social Protection guidelines. Pupils, who do not avail of the school lunch, bring their own lunch to school. **We would ask that pupils who are receiving the school lunch- do not bring another lunch from home.**

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

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice – wholegrain
Pasta – wholegrain
Wholemeal scones
Bread sticks
Crackers
Pitta bread

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese

Fruit & Vegetables

Drinks

Milk
Water

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

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

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, energy drinks, etc)
- Drinks in cans or glass bottles
- Hot drinks- on Health & Safety grounds
- Sweets
- Chocolate biscuits/bars
- Chewing gum
- Popcorn
- Hot Foods- i.e. sausage rolls, popcorn chicken, chicken nuggets, potato wedges etc

Healthy Eating Policy

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



Understanding the food pyramid



For more information on healthy eating www.safefood.eu

be safe be healthy be well

Healthy School Environment:

- Every effort will be made to encourage parents to support the healthy eating policy
- The teachers and the school promote our healthy eating policy using posters, leaflets, the food pyramid chart, guest speakers and agencies
- National campaigns may be used as an opportunity to focus on healthy eating
- A 'Get Active' campaign is being promoted in the school
- Pupils eat their lunch while being supervised in the classrooms. No food is permitted in the school playground at any time
- Pupils are encouraged to drink water/fluids during the school day

Treats:

'Treats' – in the form of sweets may be given to pupils as 'rewards' at teachers' discretion. These may be awarded on Fridays/End-of-term/special occasions etc. Other treats, may take the form of stickers/pens/pencils etc



Green Flag School:

Our Green School motto is:

'Reduce, reuse, recycle'

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, wrappings, containers and cartons
- put fruit peel into the compost bins
- not bring cans and/or glass containers to school/on tours – for safety reasons.

N.B.

- **Parents/guardians of any child with a medical condition which requires a special diet shall contact the school.**
- **By reason of concern for and consideration of children with food allergies we would respectfully ask that parents or other persons not bring in to the school or classroom or arrange to have brought in any foodstuff (to include baked goods, birthday cakes, cupcakes, sweets or such like) for general or shared consumption by children in the class.**

Success Criteria:

Pupils will have a heightened awareness of healthy eating.

Roles and Responsibilities:

Parents play an essential role in helping shape children's eating habits and attitudes towards physical activity. Parents are encouraged to send their children to school with a healthy lunch.

The teachers will monitor the progress of this policy in their own classroom.

Implementation and review:

This policy will be implemented from **4th April, 2016**

Ratification and Communication:

This policy was ratified by the Board of Management on **8th March, 2016**

Fr. Thomas Little, Chairperson- Board of Management

It will be reviewed as the need arises.

Copies of this policy will be circulated and communicated to all members of staff and parents.

Holy Family GNS Askea

Healthy Eating Policy

