

Scoil Mhuire Gan Smál,
Creagh,



Healthy Eating Policy

Introductory Statement

The Healthy Eating Policy of Creagh National School was formulated by members of staff in consultation with parents, pupils and the Board of management.

‘Healthy Eating Weeks’ were initially organised and the practice of healthy eating was then extended throughout the school year, with the introduction of the Healthy Eating Policy.

Rationale

The Healthy eating Policy was drawn up in response to the heightened awareness among parents and teachers of the benefits of healthy eating,

- General growth and development
- Maintaining strong teeth and bones
- Improving concentration and behaviour
- Preventing risk of obesity and heart disease
- Balancing energy levels

The importance of developing good eating habits is recognised by the school community in order to ensure good, lifelong nutritional habits.

The Healthy Eating Policy is strongly supported and endorsed by other curriculum school plans, in particular, P.E. plan, S.P.H.E. plan, Science plan and the Guidelines for Well-Being in Primary Schools as is evident from the following examples :

P.E.aims: To foster the balanced and harmonious development and general well-being of the child

SPHE Strand Unit: Taking Care of My Body: Food and Nutrition (Curriculum J. Infants – 6th Class Making choices (See Teacher Guidelines pp 11-13)

Science Strand Living Things:Strand Unit: Myself: Food Pyramid, Digestive system, Respiratory System

Human Life Processes (Curriculum J. Infants – 6th Class) (Ref. Teacher Guidelines p.10-11)

Relationship to the Characteristic Spirit of the school

Mission Statement: CreaghN.S. “fosters a balanced growth and development in each pupil enabling them to live fulfilled lives”

Aims

Ideally we hope:

- To heighten an awareness of the importance of a balanced diet
- To encourage the children to make wise choices about food and nutrition
- To raise levels of concentration within class by way of 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.
- To enable the children to develop a healthy eating habit for life
- To extend the healthy eating habits to the home
- To provide parents and children with ideas for healthy school lunches.
- To cultivate awareness of, respect for and a positive attitude towards the variety of choices pupils may make in relation to their lunches

Guidelines/Recommendations

A healthy lunch is a recommended mix of items from the food pyramid. Children study this in SPHE / Science

Possible healthy options for lunches :

- Wholemeal bread, bread rolls, pitta bread, crackers, pasta, fruit/wholemeal scones, plain rice cakes
- Sandwich fillings :- meat, fish, cheese, salad, egg, tomato
- Fruit, raw vegetables,
- Yoghurt – fruit / plain only
- Plain homemade popcorn
- Drinks :- water, milk, diluted squashes,

Forbidden foods

- chewing gum,
- fizzy drinks
- crisps,
- sweets.
- Nuts and foods containing nut traces (due to allergies) including nutella, peanut butter or any chocolate spread
- Chocolate/toffee based, flavoured or coated foods and drinks
- Fruit winders
- Cereal bars

Exceptions

- end of term parties,
- annual school tour
- treats at teacher's discretion.

Procedure for breaches of the policy

- If children bring "discouraged" food / drinks to school: - They will be allowed to eat/drink them but encouraged not to bring them on other days.
- If the breach is repeated parents/guardians will be contacted in writing reminding them of the Healthy Eating Policy in operation in the school.
- Parents/guardians of children who persistently breach the Healthy Eating Policy will be invited to meet the healthy Eating coordinator – Mrs. Mary Barrett, to discuss the problem.

Success Criteria

- Effect of the implementation of the policy will be evident as healthy eating will become a habit for all pupils. Children observed around the school will be eating only healthy food/drinks

Roles and Responsibilities - Promotion of the Policy

- Parents/Guardians have ultimate responsibility for adherence to this policy and full cooperation is much appreciated
- All members of the teaching staff promote this policy through regular verbal reminders and good example to the children.
- Children will learn about healthy eating as part of their S.P.H.E. and Science programmes. Emphasis will be placed on familiarising the children with good nutritional practices.
- The school website will be used to communicate the policy

Timeframe for implementation

The Healthy Eating Policy has been in operation in our school since 2005 and will continue to be indefinitely.

Timeframe for review

The policy will be reviewed every 4 years.

Ratification

This policy was ratified by the Board of Management on April 28th 2015.

Communication

Copies of the policy will be available to the staff, parents and the Board of Management.

This policy will be published on the school website.

Signed: _____

Fr Daniel O' Donovan, Chairperson BOM

Date: _____