

Carrakennedy National School

Healthy Eating Policy

Introductory Statement

This policy was formulated by a committee of staff and parents at Carrakennedy NS. It was reviewed in June 2013 and again in May 2017.

Rationale

Good nutrition is critical for every child's short and long term health and development. Healthy eating habits are learned during childhood and can help reduce the risk of diseases such as obesity, diabetes, anemia and bad dental health throughout their life. As a school, we believe a healthy eating policy is fundamental not only to add life to years but also to add years to life. Our policy is a statement which outlines our school's commitment to promoting healthy eating. It reflects the specific needs of our school community and promotes the importance of good nutrition practices. We focused on this policy to support parents/guardians and pupils around developing healthy eating habits at an early age.

Aims

This policy aims to:

- promote nutritional awareness and provide consistent messages about nutrition through classroom education
- provide members of staff, parents/guardians and pupils with clear information on healthy eating
- support and encourage healthy eating habits in children, which we hope will become lifelong
- promote the health and safety of children with serious food allergies
- support the school's environmental policy e.g. using lunchboxes/ re-usable containers and minimising wrappers
- help improve children's concentration, learning and energy levels
- support parents/guardians and children in making healthy and enjoyable decisions around food

Linkage to the Curriculum

- S.P.H.E: Taking care of my body: Food and Nutrition
- Science: Myself: Human Life Processes
- P.E: Promoting an active lifestyle

Guidelines

1. Parents are asked when choosing lunches, not to include the follow items :

- popcorn
- crisps/plantain
- sweets/lollipops
- chocolate bars

- biscuits
- cakes
- buns
- fizzy drinks/energy drinks
- chewing gum
- hot liquids*

* Pupils from 3rd to 6th class may bring warm liquids/soups etc. to school in a flask *

2. The school has two lunch breaks, one at 11.00am and one at 1.00pm. Please ensure your child has enough nourishing food and drinks for both breaks. To save time, please ensure all food is well prepared (e.g. fruit peeled and chopped if necessary and sandwiches cut). Children availing of the School Meals Scheme will be provided with a piece of fruit (apple/banana) and a sandwich/roll/wrap of their choice each day.

3. Children are requested to take home all uneaten food so that parents/guardians can monitor what their child has eaten in school.

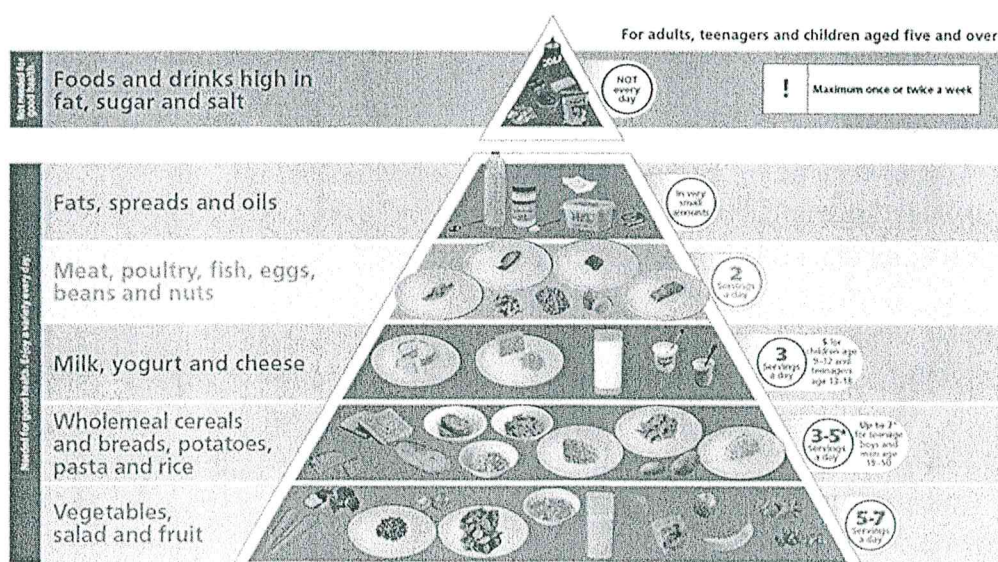
4. Every Friday is our designated treat day. On this day children are allowed to bring a small treat to school. A treat may include - a small bar of chocolate, biscuits, crisps, sweets.

5. During the year, there are occasionally special days, organised by the school, when treats may be given e.g. cinema day, end of term days, school trips, sports day.

6. We cannot host birthday parties at school. If parents/guardians wish, children should celebrate their birthdays at home with their families. Please refrain from sending in big "goodie" bags to school. We will, of course, sing 'Happy Birthday' for your child on the big day, if they would like us to, and generally make a fuss of them!

7. We pride ourselves on being a Green Flag School. In keeping with this and with the aim of reducing waste, where possible, please remove all packaging from food. Instead we encourage the use of re-usable containers, flasks, beakers etc. Glass bottles and cans are not allowed.

8. A healthy lunch should, if possible, include a variety of food shelves from the food pyramid. These are indicated below.



Allergies

If a child has a serious food allergy or special dietary requirement, parents and guardians are responsible for notifying the school, providing us with the implications of the allergy and listing the foods to be avoided. (See: Administration of Medication Policy).

Review and Monitoring

This Healthy Eating Policy will be implemented throughout the school and will be reviewed every three years. The policy was reviewed by staff and BOM in May 2017 and will be reviewed again in 3 years (2020).

This policy adopted by Board of Management on 18th June 2013 and was reviewed on

17/5/17

Signed: _____

Mayella Morris

(Chairperson of B.O.M)

Signed: _____

Aideen McPaul

(Principal)

“Schools are an ideal setting to promote good nutrition as they have been shown to have a positive impact on eating behaviours of young people”

(World Health Organisation 1998)

