

## Scoil Éanna Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) programme we encourage children to become more aware of the need for healthy food in their lunchboxes.

### Aims

1. To ensure children eat a healthy, well-balanced lunch
2. To promote the personal development and well-being of each child
3. 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.

The importance and value of eating breakfast each morning is highlighted in every class on a regular basis. Lunch is also 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. Lunch should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend. We ask you to encourage a healthy lunch right from the start.

### Healthy Lunch Options

We encourage children to choose from the following foods regularly

- Bread, scones, wraps, pitta bread
- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, peanut butter, salad
- Yoghurt
- Milk
- Water

Our first break in school is a fruit/yoghurt break. Pupils from First Class up are allowed to have a bottle of water on their desks, as it is important to remain hydrated throughout the day. Flavoured waters and diluted juices are not allowed.

### Treat Foods

Friday is treat day and children are allowed bring one treat such as a small chocolate bar or a biscuit or a croissant etc.

## **Foods NOT Allowed in School**

Crisps, chewing gum, fizzy drinks, sweets and bars (including all cereal bars) and popcorn are not allowed in school.

## **Roles and Responsibilities**

### **Role of Parents**

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of a child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or other listed foods to school.

### **Role of Children**

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunch and remind parents of the Healthy Eating Policy
- Not to bring chewing gum, fizzy drinks, crisps, or chocolate bars to school.

### **Role of Teachers**

- To promote and encourage healthy eating
- If children bring chewing gum, crisps, fizzy drinks, chocolate etc. to school they will not be allowed to eat them in school.

Teachers will continue to give children a sweet treat occasionally in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats used prudently will not interfere with the health of children.

This policy was adopted and ratified by the Board of Management at its meeting on 21/02/2017.

Signed: \_\_\_\_\_  
Chairperson of Board of Management

Date: \_\_\_\_\_

Date of next review: January 2019