



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:

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



We encourage children to choose from the following foods regularly

- Bread, scones, wraps, pitta bread
- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, 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** due to the harmful effects of intermittently sipping sugary drinks. Sugary drinks are the leading cause of tooth decay among children and when we regularly sip them it allows sugar to build up on our teeth causing decay.

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

Treat Foods

Friday is treat day and children are allowed bring one small item from the top shelf of the food pyramid.

Foods **NOT** allowed in School

Crisps, chewing gum, fizzy drinks, biscuits, popcorn, sweets, cereal bars, **NUTS** and products containing nuts (**due to allergies**) are not allowed in school.

Roles and Responsibilities

Role of Parents

- Provide a healthy well-balanced lunch for children and encourage healthy eating
- Be aware of the sugar content of lunch items
- 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.

Wrappings and other left over items from children's lunch boxes will be taken home each day by the child in their lunch box.

This policy was adopted and ratified by the Board of Management at its meeting on 14/04/2021

Signed: 
Chairperson BOM

Signed 
Principal

Date: 16/04/2021