



Sandylane No 2 National School
(also known as Scoil Náisiúnta Cúil an tSúdaire 2)
Healthy Eating Policy

Introduction

This policy was drawn up as part of the Social, Personal and Health Education (SPHE) Programme, at Sandylane No 2 National School (also known as Scoil Náisiúnta Cúil an tSúdaire 2). This policy outlines how the school supports healthy eating practices through the promotion of healthy lunches and healthy snacks and by other means. The SPHE Guidelines aim to promote the personal development and wellbeing of the student to provide a foundation for healthy living in all its aspects. We encourage the children to become more aware of the need for healthy food in their lunch boxes.

Rationale

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lives. In view of the recent media emphasis on obesity and lifestyle trends we feel it of vital importance to educate the children in our school to develop healthy eating habits for life. By having this policy we aim to encourage and develop these healthy habits and encourage our pupils to make healthy choices in their everyday lives. Research has shown that inadequate nutrition impacts negatively on children's ability to learn and benefit from education. Proper nutrition can improve children

It is the responsibility of parents and guardians to ensure that children have a healthy lunch at school daily.

Aims and Objectives

- To help pupils establish a healthy lifestyle that we hope they continue into adulthood
- To help the children understand the link between a healthy diet and a healthy, active lifestyle
- To encourage children to experience a wide variety of foods
- To improve oral/ dental health
- To ensure the safety of children with allergies
- To enable pupils to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet
- To raise pupils' concentration levels at school through the consumption of healthy food.

Benefits of a good diet

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration

- Strengthens the immune system

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. It should also provide dietary fibre (roughage). We cannot stress enough **the importance** of the children getting a **good breakfast** each morning before they come to school

Nut Free School

Sandylane No 2 National School (also known as Scoil Náisiúnta Cúil an tSúdaire 2) is a **Nut Product Free Zone** due to allergies in our school

Small Break

The children have an exercise break from 10:40 for ten minutes. Food at this break should be easy to eat. Ideally a small sandwich or piece of fruit. Fruit should be of a manageable size, peeled/chopped if necessary. Children eat this snack on the yard.

Infants get a little snack break earlier in the morning.

Lunch Break

Children at this break have time to sit, eat and finish their lunch.

Some Suggestions for your child's school lunch:

- Breads – whole-grain breads, rolls, bagels, wraps, soda bread or pitta
- Bread substitutes – oatcakes, plain rice cakes, pancakes or crackers
- Fillings – cheese, tuna, hummus, cold meats, pate, egg, lettuce, spinach, cucumber, tomato, onion, peppers, coleslaw, salad, or banana
- Hot leftovers in a flask – curry, pasta (with or without sauce), soup/chowder, baked beans, rice, stew, lasagne or noodles
- Cold leftovers
- Fruit – apple, oranges, banana, grapes, pear, plum, peach, apricots, melon, grapefruit, pineapple, strawberries, raspberries, mango, blackberries or blueberries. Remember to peel and/or cut fruit and vegetables into bite-sized pieces for younger children
- Raw vegetables – tomatoes, sweet corn, peppers, carrot sticks, celery sticks, broccoli, cabbage or cucumber

We ask that the following are NOT brought to school:

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

- Nut products including Nutella
- Crisps (including crisp-style snacks)
- Sugary drinks (including fizzy fruit-flavoured water, fruit juices, etc)
- Sweets
- Biscuits/bars (unless homemade)
- Cereal bars (unless homemade)
- Chewing gum
- Fruit winders
- Lollipops

If such foods are brought to school, children will be asked to bring them home in their lunchboxes. So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

Special Dietary/ Medical Requirements

Parents of children with special dietary requirements are required to make an appointment with the principal/office to discuss the implications of this policy.

Treat Day/ Treats

Friday can be a treat day or end of a term celebrations. The children are encouraged to eat the treat AFTER their lunch is eaten at 12.30pm. On this day, children can bring ONE of the following:

- Treat/ fun sized bar
- Treat/ fun sized bag of sweets
- Small biscuit
- Small cereal bar (preferably homemade as we are a NUT FREE ZONE)
- Small homebakes

Green Flag School

We are a green school. With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- do not bring in cans and glass – for safety reasons.

Roles and Responsibility

Each class teacher will co-ordinate the progress of this policy and can encourage the children to bring healthy lunches but ultimately the responsibility for ensuring that children eat healthily lies with the Parent /Guardian of each child.

Implementation

This policy will be implemented from _____.

Review

The policy will be reviewed biennially by the school staff school in consultation with the Parents Association Committee. See **Policy Review Checklist (set out in the HSE primary planning toolkit)** [healthy-eating-policy-development-toolkit-for-primary-schools.pdf \(hse.ie\)](https://www.hse.ie/eng/health/primary/healthy-eating-policy-development-toolkit-for-primary-schools.pdf) page 20

Communication and Ratification

The policy has been discussed and amended by the parents association and ratified by the board of management. It is communicated to each parent by means of our school information booklet which is distributed to each family as the children enrol.

It will be in the school and referred to in the January Newsletter. It will also be made available on the school website for parents and a copy has been made available to staff.

Signed: _____
Leslie Stevenson, Chairperson BOM

Date: _____

Signed: _____
John Noonan

Date: