

# Healthy Eating Policy

## Killina National School

### Introductory Statement

This policy was reviewed by teachers in May 2015.

A questionnaire was sent to the parents and senior classes, seeking their views / suggestions.

The Parents Association were informed of the responses to the questionnaire and the ideas suggested by the committee. A draft policy was presented to the Parent's Association. The policy was ratified by the Board of Management.

The policy was reviewed by the Parent Association at a meeting on 19<sup>th</sup> May 2015.

### Rationale

This policy was formulated to encourage the children to incorporate healthy eating into their lifestyle.

### Relationship to Characteristic Spirit of the School

Our school's philosophy recognises each child's potential for growth and development and that the school has a pivotal role within the community and that there is interdependence between the school and the community.

### Aims

We hope to:

- heighten an awareness of the importance of a balanced diet
- encourage the children to make wise choices about food and nutrition
- to raise levels of concentration within class due to consumption of healthy food.

### Guidelines

#### Current Good Practices:

- Lunches are eaten indoors before going out to play. This habit encourages the children to focus on eating their food and enjoying it. An added advantage is the fact that litter problems are managed within the classroom.
- We promote healthy eating through
  - the SPHE programme
  - an organised Healthy Eating Week
  - competitions – poster; colouring; menu; etc
  - information leaflets from An Bord Bia etc.

### **Proposed Action Plan**

It is proposed to encourage children to eat healthy lunches and discourage unhealthy food and drinks.

### **Definition**

A healthy lunch may consist of sandwiches, crackers, fruit, cheese, raisins, dried fruit, vegetables ( carrot sticks; cucumber etc.), milk, water, fruit juice, diluted drinks – preferably sugar free. Try to include a selection of food from the different food groups on the food pyramid **excluding** foods from the Sugar and Fats Group.

**Fizzy and Energy drinks are strictly banned.** Sweets, bars, crisps, popcorn, biscuits, chocolate flavoured foods, buns, cakes, lollies etc are strictly banned. However, on Friday **one** treat may be picked from the above list and brought to school as part of the pupil's lunch, if parents wish. Fizzy or Energy drinks **may not** be included as a Friday treat. Please note cereal bars, fruit winders etc are full of sugar and not considered healthy. Check labels for nutritional information.

### **Healthy School Environment**

We will endeavour to promote healthy eating by

- promoting healthy lunches every day
- providing leaflets to parents (from Bord Bia etc) with suggestions for healthy lunches
- having a poster competition once a year,
- inviting outside speakers to talk to the parents about a balanced diet.
- promoting healthy eating through SPHE
- displaying posters eg. Food/Exercise Pyramid.
- Encouraging children to be more active

### **Promotion of the Policy**

The policy will be promoted by each teacher.

The Parents Association will promote the policy by sponsoring prizes for the poster competition and providing occasional healthy treats during the year for example Fruit and Vegetable tasting as part of healthy eating.

### **Parents**

The parents have been consulted in formulating this policy, its success depends largely on the support and co-operation of the parents.

### **What if children bring discouraged food to school?**

If children bring unhealthy food to school they will not be allowed to eat it and they will be asked to take it home. If there is no alternative healthy food in their

lunch box then they may phone their parents to request a healthy lunch. If the parent is not contactable an effort will be made by the school to provide a healthy snack.

If children persist in bringing unhealthy food to school their parents/guardians will be contacted to discuss the problem.

### **Exceptions**

Children may

- have **one** treat in their lunch box on Fridays ( if the children bring in more than one, they will only be permitted to eat **one** of the treats).
- have treats at end of term parties
- on school trips
- on sports day

### **Success Criteria**

This policy will have been deemed effective if the children develop a habit of eating a healthy balanced lunch.

### **Roles and Responsibility**

The teachers will implement and develop this policy with the support of the pupils and parents. They will reward children for healthy lunchboxes through random spot checks.

It will be monitored on a continuous basis.

### **Implementation**

This policy comes into effect immediately.

### **Review**

This policy will be reviewed in September 2018.

### **Ratification**

This policy was ratified by the Board of Management on 22<sup>nd</sup> June 2015.

