



Health Eating Policy 2019

Introduction

This policy was formulated as an interim policy for one school year to provide guidelines on Health Eating in the school and to allow for parental consultation and feedback.

Rationale

“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).

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, anaemia and bad dental health throughout their life. At Harold's Cross Educate Together National 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 outlines our school's commitment to promote healthy eating. It promotes the importance of good nutrition practices. This policy aims to support parents/carers and pupils around developing healthy eating habits at an early age.

Aims:

The aims of this policy are:

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

Curriculum Links:

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

Guidelines:

1. **NB: There is a total ban on all nuts and nut based products (including peanut butter, chocolate spread and any cereal bars with traces of nuts) because of the potential serious allergies of some pupils in the school in the future.**
2. 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
3. Please note lollipops, chewing gum and hot liquids are not allowed for safety reasons.
4. The school has two lunch breaks, one at 10:00am and one at 12:00pm. Please ensure your child has enough nourishing food and drinks for both breaks, including a snack for the first break and something more substantial for the second break. To save time, please ensure all food is well prepared (e.g. fruit peeled and chopped if necessary and sandwiches cut).
5. Children are requested to take home all uneaten food so that parents/carers know if the quantity they are sending is too large or if the child does not like a particular food. Uneaten food may not be thrown in the bin. Children are asked to wash out yoghurt tubs to be recycled or used in junk art.
6. If treats are brought in on any day, the children will be asked to take it home.
7. In the interest of fairness, and for allergy, religious and health reasons, we cannot host birthday parties at school. If parents/carers wish, children should celebrate their birthdays at home with their families/friends. Please refrain from sending in birthday cakes/treats 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!
8. We hope in time to become a Green Flag School. In keeping with this and with the aim of reducing waste, please remove all packaging from food whenever you can. Instead, we encourage the use of re-usable containers, flasks, beakers etc. Glass bottles and cans are not allowed.
9. Sweets **will not** be used as rewards at school.
10. Drinks should always be included in a packed lunch. Extra water should be included on PE days and in warmer weather. Water and milk are the most suitable drinks for children.

Exceptions:

During the school year, treats will be organised by school staff from time to time, on special occasions e.g. cinema days, school trips, baking days etc. On these days, all pupils will receive the same treats, thus eliminating the opportunity for comparing treats and any teasing or unkind words. Careful attention will be given to any dietary requirements, food allergies or religious observances when selecting treats for the pupils.

Contents

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



The following is a sample 5 day lunch box planner from Safe Food – Healthy Lunchboxes

5-DAY LUNCHBOX PLANNER

We often end up putting the same things in the lunchbox everyday. Keeping lunchbox contents varied makes lunch more enjoyable. The following planner shows you the potential variety you can have.

MONDAY				
1 medium bread roll with chicken and lettuce	+		+	Handful of carrot sticks
	+		+	Pot of low fat yoghurt
	+		+	
TUESDAY				
Small pitta bread with tuna and sweetcorn	+		+	½ wholemeal scone
	+		+	
	+		+	Carton of milk
WEDNESDAY				
2 tablespoons of cous-cous with 1 tablespoon of dried fruit	+		+	2 crackers with low fat cheddar cheese
	+		+	
	+		+	Carton of unsweetened fruit juice
THURSDAY				
2 slices of bread with cooked ham and lettuce	+	Small container of fruit in its own juice	+	
	+		+	Yoghurt
	+		+	
FRIDAY				
Tortilla wrap with chicken, sliced peppers and lettuce	+		+	Small tub of stewed fruit
	+		+	Small slice of fruit cake
	+		+	

Note:
 1. Lunchbox planner includes snack and lunch items
 2. Smaller portions for smaller people
 3. Use low fat spread, low fat mayonnaise or relish instead of full fat options

www.safefood.eu
HELPLINE
 NI 0800 085 1683
 ROI 1850 40 4567

websites provide useful tips on healthy lunches:

www.safefood.eu

Resources

The following information and

-
- www.healthpromotion.ie/health/healthy_eating
- www.enjoyhealthyeating.info/

Other Tips and Hints

- Keep lunches in fridge if made the night before
- Use a small insulated cool bag especially in warmer weather
 - Cut sandwiches into small manageable portions especially for younger children
- Peel fruit for younger children
- Avoid items that children cannot eat without assistance
- Try to give a variety of foods
- Vary the types of bread (wholemeal, granary, high fibre rolls, bagels, pitta and sliced bread)

We appreciate that encouraging children to choose certain foods is not always easy. However, with the increase in obesity, type 2 diabetes and the prevalence of dental care needs, we are encouraging best practice especially during school hours. For this policy to be successful, we need support from the whole school community.

Food Allergies

If a child has a serious food allergy or a special dietary requirement, parents/carers are responsible for notifying the school and completing the yellow medical conditions/allergies form, and the administration of medication form, where necessary.

Please note guidelines above on nut ban.

School Support

Our strong pastoral care ethic and the Educate Together key principle of child-centredness will ensure that no child goes hungry at school. If a child has forgotten their lunch, the school will contact their parents/carers to make arrangements for the delivery of their lunch. If this is not possible, the school will cater for the child.

All relevant curricular lessons which support this Healthy Eating Policy will be taught at all class levels (see '*Curriculum Links*' section above)

Dissemination of Policy

The attention of all parents will be drawn to this policy when enrolling their child(ren) in the school. The attention of all newly appointed staff will be drawn to this policy upon their appointment to the school. This policy will be published on the school website and provided to the Parent-Teacher Association, when established. Hard copies of this, and all school policies, are available at the school on request.

Implementation and Review

This policy will be implemented from September 2019.

This policy will be reviewed in September 2020.

Ratification and Communication

A draft copy of the policy was approved by the school manager on August 2019 and was the sent to all families in August 2019, for feedback and suggestions. The final draft was ratified on .

Signed: _____ (School Manager)

Date: September

