

# **An Grianán N.S. Healthy Eating Policy**

## **The Aims of our Healthy Eating Policy**

1. To develop awareness in pupils that eating habits formed in early childhood can influence their health and well being throughout their lives.
2. To improve the current eating habits of some of the children.
3. To influence positively the future eating habits of the children.
4. To facilitate improved concentration and learning.
5. That every child would have a healthy lunch box.
6. To keep our school 'nut free' in order to protect children with severe nut allergies.

## **How we achieve these aims**

### **Education:**

- a) **Formal Learning:** The children will learn about food as part of their Social, Personal and Health Education (S.P.H.E) Programme. During specific (S.P.H.E) lessons time will be spent familiarising the children with good nutritional practices. Emphasis will be placed on learning about the "Food Pyramid" which will show the children the different food groups. Pupils will be helped and encouraged to choose from the food groups that will ensure an adequate intake of all necessary nutrients.
- b) **Informal Learning:** Pupils will be praised for having healthy lunches- and healthy attitudes! Emphasis will be placed on what is a 'good lunch'. The teachers' role is to educate and encourage but ultimately it is the responsibility of parents to implement the healthy eating programme.
- c) **Curriculum Support:** Placing responsibility with the children on their food choices within the school can encourage positive attitudes. The use of colourful and fun posters around the school adds to a good informative atmosphere.

### **Whole School Approach**

A whole school attitude to healthy eating will be encouraged. This will be formally demonstrated during lessons. It will be informally expressed in school attitude to rewards and awards.

In the interest of hygiene, pupils are requested to have a clean tea towel to place on the desk while eating lunch.

The following guide is designed to help parents provide quick, appetising, and nutritious lunches for their children.

### **Healthy Lunches:**

Children will be encouraged to bring:

- Protein filled sandwich or crackers e.g cheese, cold meat, butter etc.
- Healthy drink e.g water, milk, natural fruit juices etc.
- Yoghurt e.g either natural or containing pieces of fruit only.
- Fruit or raw vegetables.

The following food and drinks are not allowed:

- Fizzy drinks, sport drinks, high-sugar content drinks
- Crisps, flavoured popcorn and crisp products
- Sweets, chocolate, bars, cereal bars and biscuits
- Chewing gum or bubble gum
- Chocolate spread e.g. nutella
- Nuts or any food containing nuts

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

Fats Sugar Sweets etc.	Sparingly
Meat/fish Peas/Beans	2 portions per day
Milk, Cheese, Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+portions per day

We will discontinue the practice of treats on a Friday as it leads to confusion and ambiguity and increases the threat to those who suffer from nut allergies.

Teachers will inform pupils if they may bring 'treat' item on other occasions e.g Christmas. This is at the discretion of class teacher in consultation with the Principal.

Please also note that because of “Green Flag” status we are hoping to keep packaging to a minimum.

### **A word about milk**

Growing children should get approximately one pint of milk per 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/her to have a carton of yoghurt or a small helping of cheese instead.

### **Nut Allergy**

**Due to nut allergies within the school we ask that children do not bring nuts to school or nut products e.g. peanut butter, cereal bars, chocolate bars, nutella etc.**

This policy was reviewed and ratified by the Board of Management in \_\_\_\_\_.

Next review date is \_\_\_\_\_.

Signed \_\_\_\_\_ Rev. Chairman B.O.M.

Signed \_\_\_\_\_ Principal

### **Changes made to this policy**

**Teachers will inform pupils if they may bring treat item on other occasions e.g. Christmas. This is at the discretion of the class teacher in consultation with the Principal.**