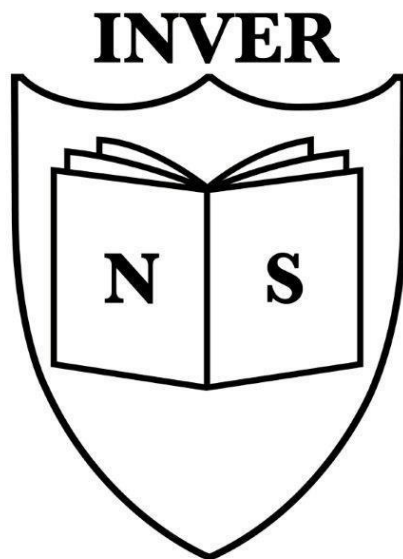


Healthy Eating Policy



Inver N.S

Healthy Eating Policy

Introductory Statement

This policy was drawn up by the school Principal and class teachers in consultation with pupils and parents.

This draft policy has been circulated to all parents and feedback was received. Following consideration of this feedback, no significant changes were made. The policy was then approved by the Board of Management at a meeting on 21st June 2022.

Rationale

As the wellbeing of the whole school community is being actively promoted, we feel that a Healthy Eating policy is necessary to provide a guide to staff, parents and pupils in developing healthy eating patterns and to educate children on the importance of healthy eating.

Aims

To take a whole school approach to healthy eating in school, in relation to: the culture and Environment, Curriculum (Teaching and Learning), Policy and Planning, relationships and partnerships.

To promote healthy eating across school life, consistent with national healthy eating guidelines and school curriculum.

Culture and Environment

Children will bring a packed lunch to school daily with a drink.

Drinking water is also available in school.

Time is allowed for eating in the classroom (a balance of eating and social time given)

Non-food rewards will be promoted in favour of food rewards.

Culture of healthy eating encouraged and positive modelling by all staff in school.

Curriculum (Teaching and Learning)

What's covered in the curriculum?

SPHE /Science:

Food and nutrition, Healthy lifestyle, Wellbeing, Physical Activity

Food Pyramid, food groups, vitamins and minerals / nutrients in food

Healthy body – teeth, energy levels, bones, growth and development

Resources used in implementation of Healthy Eating Policy:

- Curriculum documents,
- SPHE / Science programmes
- Wellbeing programmes
- Food Dudes
- Stories, dramas, songs related to healthy eating theme
- Aistear

Any external agencies supporting lessons on healthy eating will be used in line with Dept. guidelines circular 0042/2018.

Policy and Planning

Food Dudes Initiative (three year cycle, starting in the summer term and continued into the Autumn term)

Ongoing lessons taught throughout the year across all class groups, with a focus on healthy eating at the beginning of the year.

Relationships and Partnerships

Ongoing communication with parents and staff on healthy eating policy materials and initiatives.

Parental involvement in policy development and review.

Key Measures

To include:

- Healthy eating/ Nutrition covered as outlined in SPHE curriculum outcomes.
- The children will be given the opportunity to learn about food and the benefits of a healthy lifestyle.
- Promotion of Healthy food choices for school lunches.
- Staff will attend CPD whenever the opportunity/ need arises.

Communication

Once feedback on this policy is received from parents, any necessary changes are made before it is ratified by the Board of Management.

Policy will be available to view on our new website in the *Downloads* section alongside other school policies.

Communication with the school community about any Healthy Eating programmes/initiatives will be ongoing through school email, school Facebook pages and the school's website.

Implementation

- School staff are responsible for communicating the policy, educating the children on healthy eating and modelling healthy eating.
- School staff will provide access to drinking water / refills throughout the day as needed.
- Children will be encouraged to bring a healthy lunch during the week.
- Friday will be 'Treat Day'. On Fridays, children will be allowed to bring one treat as part of their normal lunch.
- Staff will provide the treats for other special occasions e.g. last day of term, school trips, church events, parties, fundraisers (Halloween, Christmas)
- Non-food rewards will be given on other occasions throughout the year e.g. Student of the Week/ academic achievements.
- Children will be given sufficient time at the beginning of break and lunch to eat in their classroom before going out to play.
- All staff will provide positive modelling and supportive attitudes to encourage healthy eating throughout the school.
- Staff will assist young children with their lunchtime routine.
- Children will be reminded of the importance of handwashing.
- Parents are responsible for providing a healthy, balanced lunch and ensuring they have a suitable water / drink container. (We encourage reusable bottles in line with our Green Schools work.)

A list of suggested foods to be included in a healthy lunch and foods to be avoided is included in [Appendix 1](#)

- The school must be informed regarding children with special diets, food allergies or food intolerances.

Actions to be taken if the policy is not supported:

Teachers will look to the curriculum to educate about healthy eating.

The focus will be on providing information on healthy lunches and rewarding and recognising good food choices in the lunchbox.

Healthy Eating initiatives, e.g. Healthy Eating workshops/ Healthy eating week, Poster competitions etc.

Review and Evaluation

Use policy review checklist

Policy will be reviewed in June 2023 and every three years thereafter.

Appendix 1

Examples of what could make up a healthy lunch

Any bread or similar e.g. bread sticks

Pitta Bread

Cheese

Cream/Rye crackers or similar

Suggested fillings would be ham, egg, cheese, chicken, turkey, tuna, salad or similar.

Yogurt/fromage frais/frubes

Salad

Fruit-ideal for lunch boxes are apple, orange, banana, grapes, and raisins.

Carrot sticks, peppers, cucumber, celery, sugar snap peas, cherry tomatoes,

Pasta / rice

Water

Unsweetened fruit juice

Unsweetened cordial/squash

Examples of foods not to be included as a healthy lunch

Chocolate

Sweets

Biscuits

Buns and cakes

Crisps

Chewing gum/bubble gum

Fizzy drinks (not including unsweetened fizzy water)

Sweetened drinks