

Healthy Eating Policy



Dunboyne Senior Primary School

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Principal: An tUas Liam Ó Laighin

Deputy Principal: Ms. Linda Manning

Introduction

The promotion of healthy school lunches is a central component of the Social, Personal and Health Education Programme. Dunboyne Senior Primary School has been active in raising awareness of pupils in the school on the importance of healthy eating both at home and at school. Our healthy eating policy complements our Healthy Ireland Health Promoting Schools and Active School Initiatives. The formulation of this policy is designed to reinforce and extend good practice across the whole school community.

Rationale:

Healthy eating is part of the SPHE and Science programmes for each class. Healthy eating is a central component of the overall health of children and as such is part of the holistic education that we advocate as part of our education philosophy.

Aims:

- To promote the personal development and well-being of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.
- To raise levels of concentration within class due to consumption of healthy food.
- To encourage children to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons, etc.

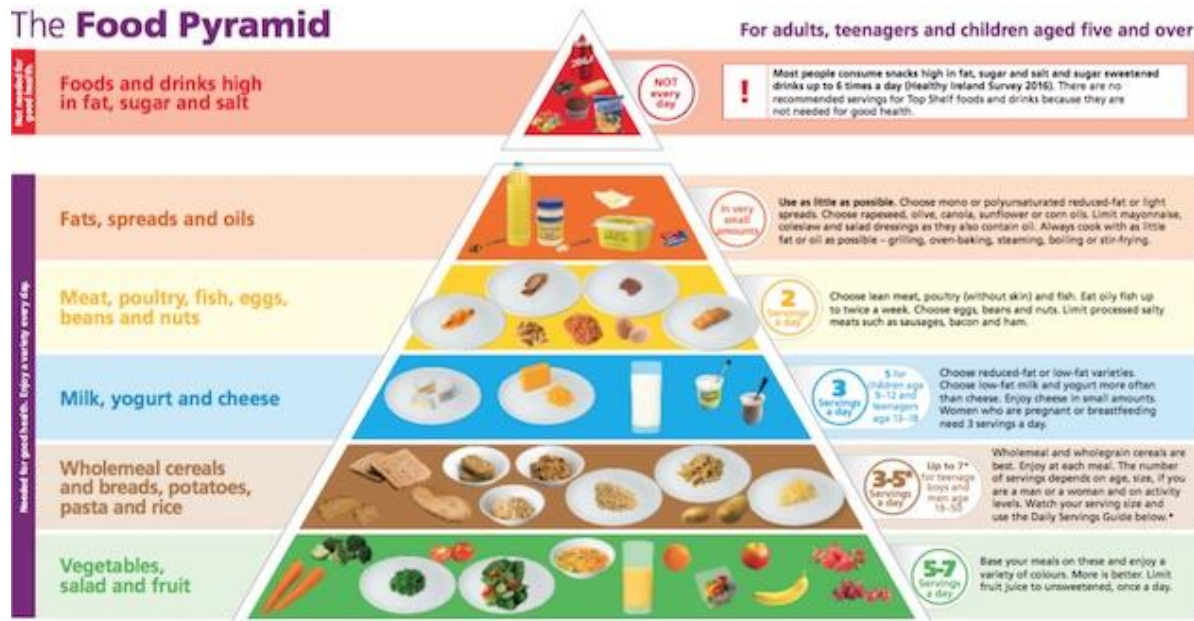
Guidelines:

A healthy lunch box includes a piece of food from each of the first four levels of the Food Pyramid. A third of the day's energy needs should be provided at lunch time: proteins, carbohydrates, vitamins and minerals.

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children. Pupils will be encouraged to eat their lunch in a timely manner.

The Food Pyramid

For adults, teenagers and children aged five and over



Do bring:

- Water, milk, low-sugar cordial
- Fresh fruit/dried fruit/ raw vegetables, e.g. carrot/celery sticks
- Sandwiches/Rolls made with wholemeal bread and a choice of fillings, e.g. cheese, ham, chicken, tuna, salad
- Yoghurt/yoghurt drinks/fromage frais

Don't bring

- Nuts or any nut product
- Fizzy drinks/fruit shoots
- Biscuits or cakes
- Bars, chocolate spread, sweets, cereal bars, lollipops or chewing gum
- Crisps, popcorn, chocolate/dairy-based yoghurts/desserts
- Fast food, e.g. chips, breakfast roll, chicken nuggets, sausage rolls

Note:

We have a number of pupils in the school with allergies to certain foods, e.g. nuts. For these pupils, eating the wrong foods could cause anaphylactic shock, cause serious illness or prove fatal. In an effort to prevent any of these ever happening, it is extremely important that children do not bring nuts or nut based products to school at any time. We request that parents co-operate fully with this matter. Also, please remind your child not to share or swap lunches.

Healthy School Environment

Sweets and chocolate are not allowed to be used as rewards or prizes though, in exceptional circumstances can be used for a full school raffle, e.g. Christmas and Easter raffles. The use of crisps, fizzy drinks and sweets by teachers and student teachers as treats on special occasions is permitted, although where possible, healthy alternatives are encouraged.

In keeping with our Green Schools policy, pupils are permitted to bring their drinks in plastic bottles only. Cans and glass products are not allowed for safety reasons. Food which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment.

Success Criteria

We will know that the policy is effective if the awareness of the school community is heightened and if all pupils bring healthy lunches to school.

Roles and Responsibilities

Teachers will provide positive modelling and supportive attitudes to encourage healthy eating. It is the duty of each class teacher to ensure the Healthy Eating Policy is adhered to in their own class.

Review

This policy will be reviewed at regular intervals.

Ratification

This policy was ratified by:

_____ on _____

Chairperson, Board of Management