



## Healthy Eating Policy 2019

As part of the Social, Personal and Health Education (SPHE) Programme, at St. Corban's BNS, we encourage the children to become more aware of the need for healthy food in their lunch boxes. We encourage parents to provide their child with a healthy lunch and snacks. What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes.) To promote healthy eating habits in our school, we introduced a Healthy Eating Policy. We ask you to encourage a healthy lunch right from the start.

### Aims

1. To promote the personal development and well-being of the child;
2. To promote the health of the child and provide a foundation for healthy living in all its aspects;
3. To enable each pupil to learn at his optimum rate and level.

### Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy;
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children:

### Bread & Alternatives

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread

### Fruit & Vegetables

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes, Cucumber, Sweetcorn  
Tomato, Coleslaw.

### Savouries

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g. tuna/sardines  
Cheese  
Quiche  
Pizza

### Drinks

Water  
Fruit juices  
Squashes, i.e. low sugar

**We ask that children do not bring the following to school:**

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks
- Chewing gum
- Yogurts – no pots/frubes/yogurt drinks in Junior and Senior Infant classrooms

**We ask that children only bring the following to school on a Friday as a treat:**

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Sweets
- Chocolate biscuits/bars
- Popcorn.

So as to take a proactive approach to healthy lunches, teachers may from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

**Environmental Awareness**

We try to be an environmentally friendly school and with this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons (this also helps parents to monitor what pupils eat each day)
- not bring in cans and glass – for safety reasons.
- dispose of all waste materials in the appropriate bins.

**Nut Allergy: Parents/guardians of any child with a medical condition which requires a special diet should contact the school. In specific cases, where a child has a severe nut allergy, we ask parents of pupils in that class, not to send in nuts or nut-related products which might aggravate the child's condition or do him harm. Members of staff dealing with such pupils are required not to bring or consume nuts in the school.**

**Time Allocation**

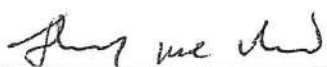
Pupils need time to eat their healthy lunches. In order to give our pupils a reasonable amount of time to eat their healthy lunches, we have set time aside. In the mid-morning the pupils have a fruit and water break from 10:35 to 10:40 before entering the yard for their recreation break. This time, 5 mins, has been taken from our designated Roll Call time. Around mid-day, the pupils have their lunch break, where they are given 10 mins to eat their lunch from 12:35 to 12:45, before they go to the yard for their recreation break. This time is part of teaching time and teachers use it for SPHE, English Oral Language and Reading, Music Appreciation and SESE.

**Communication**

A copy of this policy has been given to each teacher and is available for parents to view in the school.

**Ratification**

This policy was ratified by the Board of Management in 2019. It will be reviewed as required.

Signed: 

Date: 15/1/19

(Chairperson, Board of Management)