

4.3 Healthy Eating Policy

Introduction

As part of the Social, Personal and Health (SPHE) Programme, in Scoil Choilm CNS we encourage the children to become more aware of the need and benefit of eating healthy food. Food and drink are an essential part of our daily lives. They play a fundamental role in the development of the human being. Scoil Choilm CNS is committed to facilitating the children's development of skills and attitudes to allow them to make informed decisions regarding their food intake and choices.

In Scoil Choilm CNS, we believe that good health in the early years helps to safeguard children's health and well-being throughout life. By enabling the children to make the right choices in relation to food, we believe it will have a positive impact on their physiological needs, and will also contribute to their mental and emotional development. We consider break and lunch times in school as an opportunity to promote children's social development, whilst enjoying food and highlighting the importance of making healthy choices.

Through our Healthy Eating Policy, Scoil Choilm CNS endeavours to make children aware of the importance of good nutrition in order to optimise their growth and developmental potential through their childhood years and beyond.

Rationale

Scoil Choilm CNS through this policy aims to help all those involved in our school community, children, staff and parents, in developing and maintaining positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health. By working in partnership with the home, the school aims to promote the consumption of healthy food and drinks in the school on a daily basis.

Aims of this policy

In developing this policy the school aims to:

- To promote lifelong healthy eating.
- To improve the eating choices and habits of children attending the school.
- To promote the personal development and well-being of the child.
- To enable the child to appreciate the importance of good nutrition for growing, developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

Objectives

- To help children improve concentration, learning and energy levels.
- To support parents and children to make healthy, enjoyable decisions around food.
- To encourage children to take some responsibility for a healthy diet.
- To develop nutritional awareness i.e. ingredients in foods.
- To support the school's Green School Policy by minimising the use of wrappers and by recycling any wrappers or rubbish at home.

Curriculum Links

- Social, Personal, Health, Education (SPHE): Taking care of my body: Food and Nutrition
- Science: Myself: Human Life Processes
- Physical Education (P.E): Promoting a healthy, active lifestyle

Communication

We will endeavour to communicate and to promote healthy eating by:

- Providing leaflets to parents with suggestions for healthy lunches.
- Publication of this policy on the school website.
- Inviting outside speakers to talk to the parents about a balanced diet.
- Implementing different food programmes and initiatives as they arise, such as 'Food Dudes'.
- Promoting healthy eating through SPHE and Science lessons.
- Displaying posters and Food Pyramids that encourage healthy eating.

School Lunches

Children attending Scoil Choilm CNS receive a free packed lunch daily, funded by the Department of Social Inclusion, and supplied by Glanmore Foods. A healthy snack (a portion of fruit or vegetables/yoghurt/crackers/etc), a bottle of water and a sandwich/roll/wrap are provided each day at school. We recommend that children in older year groups, particularly those in 5th and 6th class bring a supplementary healthy snack to school. Furthermore, any child enrolled in After School Clubs, are encouraged to bring additional healthy snacks and water.

If parents decide not to avail of the free lunches, they are asked to immediately inform their child's teacher. By doing so, we aim to ensure that no food goes to waste and to avoid paying for lunches that are not required.

Guidelines

We ask that the children do not bring the following food items and drinks to school as part of our Healthy Eating Policy:

- Fizzy drinks (including fruit-flavoured water, energy drinks and juices with a high sugar content)
- Crisps
- Popcorn
- Chocolate
- Cakes/muffins/buns/cereal bars with a high sugar content
- Sweets
- Fruit winders
- Chewing gum
- Fast food such as pizza and burgers
- Nuts – including nutella
- Food items that are generally found in the top shelf of the Food Pyramid

Further guidelines

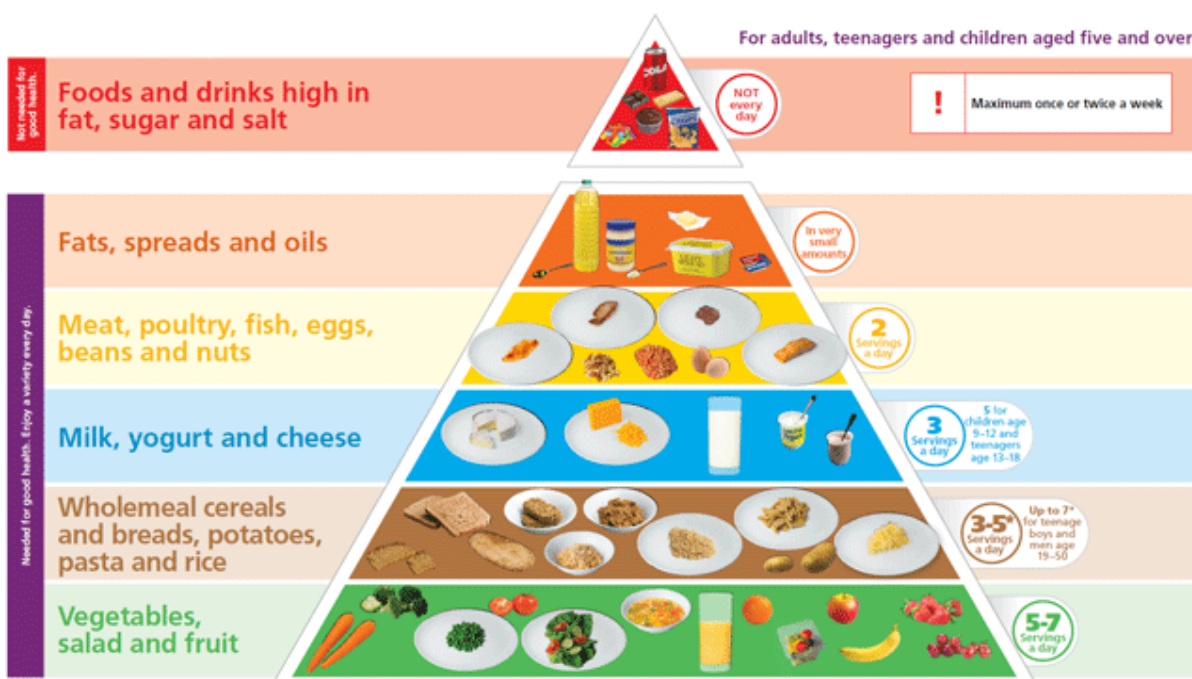
- Children will be informed of foods that can/cannot be brought to school. Children will be asked to bring home any food items that are not permitted in school.
- If a child does not avail of the free school lunch they will be encouraged to bring a healthy lunch which includes pieces of food from the bottom three shelves of the food pyramid.
- Food Pyramids are displayed in all classrooms to remind children of good food choices.
- Healthy choices of drinks include water and milk.
- In line with our Green School's Policy - Foods, which have wrappers, are to be kept to a minimum. Any wrappers or uneaten food will be sent home with the children to be disposed of at home.

- All classes will participate in lessons on healthy eating throughout the year as part of the SESE and SPHE curriculum.
- If unhealthy food appears regularly in a child’s lunchbox, the classroom teacher will phone parents and remind them of the school policy regarding healthy eating.
- School staff will provide positive modelling and supportive attitudes to encourage healthy eating.
- Due to a number of children with a nut allergy within Scoil Choilm CNS, nuts and foods containing nuts will not be allowed in our school. This will be monitored throughout the school. All visiting teachers/coaches will be informed of this policy.
- Parents are kindly asked to refrain from sending in “goodie bags” and cakes to school on their child’s birthday/special days such as their ‘name’ day . In order to uphold our healthy eating policy and to ensure the safety of those children with allergies, the school cannot facilitate birthday cakes or treats being distributed in school.

Exceptions:

On special and rare occasions children will be allowed to bring a treat to school. These days can include but are not limited to the following:

- School Tour Days
- ‘Party Days’ – end of term/different celebrations throughout the calendar year such as Christmas, EID and Community Day.



Food Dudes

Scoil Choilm CNS regularly participates in the healthy eating programme, ‘Food Dudes’. This is sponsored by ‘Bord Bia’ and the Department of Agriculture, Fisheries and Food. Through the promotion of fruit and vegetable consumption,



Scoil Choilm Community National School

Porterstown Road, Clonsilla, Dublin 15.

Phone: 01-8213352 Roll No: 20241K

www.scoilchoilmcns.ie

scoilchoilmcns@ddletb.ie



the Food Dudes programme encourages children to enjoy a healthy diet, and it reinforces the healthy eating culture present in Scoil Choilm CNS.

Ratification & Communication

This policy was adopted by School Management on the 16th June 2017.

This policy was reviewed by the Board of Management in March 2019.

This policy has been made available to school personnel, published on the school website and provided to the Parents' Association. A copy of this policy will be made available to the Department of Education and Skills and the Patron if requested.

This policy and its implementation will be reviewed in 2021 by the school management. Written notification that the review has been completed will be made available to school personnel and provided to the Parents' Association. A record of the review and its outcome will be made available, if requested, to the Patron and the Department of Education and Skills.

Signed: _____
Chairperson of BOM

Date: _____

Signed: _____
Principal

Date: _____