

Healthy Eating Policy Carrig N.S.

As part of the Social, Personal and Health Education (SPHE) Programme, we here in Carrig National School will encourage children to become more aware of the need for healthy food in their lunch boxes.

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 (Type 2). A low salt intake reduces the risk of heart disease in later life). It is the responsibility of parents and guardians to ensure that children have a healthy lunch at school daily.

To promote healthy eating habits in our school, we will introduce this healthy eating policy starting from 1st September 2022.

Aims and Objectives

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 encourage a positive attitude to food.
4. To promote a healthy diet.
5. To educate about different foods.
6. To promote good eating habits.
7. To promote a whole school approach to healthy eating and nutrition.
8. To develop awareness of the importance of food for growth and development.
9. To reduce litter and encourage recycling by encouraging children to be aware, alert and responsive to litter problems caused by for example non-reusable drinks containers and tin foil.
10. To ensure the safety of children with allergies.

Benefits of a good diet

-  Ensures the development of healthy hair, skin, teeth, muscles and strong bones.
-  Provides energy and aids concentration.
-  Strengthens the immune system.

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.

Pupils should be encouraged to have a role in preparing their own lunches and meals in order to promote responsibility for their own health and nutrition.

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

<p>Bread and Alternatives</p> <ul style="list-style-type: none"> • Bread or rolls • Rice • Pasta • Scones • Bagels • Pitta Bread • Baps • Wraps • Bread sticks • Rice cakes • Crackers 	<p>Fruit and Vegetables</p> <ul style="list-style-type: none"> • Apple • Banana • Strawberries/Raspberries/Blackberries/Blueberries • Mandarin/Orange Segments • Fruit Salad • Dried Fruit • Plum • Pineapple Pieces • Grapes • Cucumber • Sweet Corn • Tomato • Carrot Sticks • Pepper slices
<p>Drinks</p> <ul style="list-style-type: none"> • Water • Milk 	<p>Dairy</p> <ul style="list-style-type: none"> • Milk • Yoghurt • Cheese

Special Treats

On specific days during the school year the children will be permitted special treats:

- End of term parties [Halloween, Christmas, Easter, Summer]
- Special Occasions – Pancake Tuesday, Green Flag Day celebration...
- School Trips/Tours

Food items not permitted in school

- **Nuts** and foods that contain nuts (including peanut butter and Nutella)
- Fizzy drinks, sports drinks and drinks/juices with high sugar content

- Chewing gum
- Crisps and popcorn
- Sweets and winders
- Chocolate and foods with chocolate on them or in them (e.g., chocolate biscuits, chocolate rice cakes, chocolate cereal bars).
- Lollipops
- Cakes

If such foods are brought to school, children will be asked to bring them home in their lunch boxes.

Green Flag School

As we are a Green School the children are asked to:

- use paper lunch bags or reusable lunch boxes
- use reusable beakers/ drink containers
- not use cling film or tinfoil
- not bring in cans and glass – for safety reasons.
- take home all uneaten food

Children with medical conditions or allergies

Parents/guardians of any child with a medical condition which requires a special diet **or** whose child has a food allergy should contact the school in writing with details.

A record (including photographs) of all children with underlying medical conditions and food allergies is kept at the school. This record is reviewed annually.

At the beginning of each school year an email is sent to all parents/guardians informing them of any child/children in their child's class with a specific food intolerance or allergy. Parents will be asked to exclude these food items from their child's lunch boxes.

It is the responsibility of the parents/guardians to ensure that all medications stored at the school are in date, labelled with the child's name and instructions for use.

Roles and Responsibilities in implementing our policy

- Parents are responsible for providing a healthy school lunch for their child(ren).
- Children are encouraged to participate in making their own healthy school lunch.
- Teachers will explicitly teach about healthy eating as part of the SPHE curriculum.
- Carrig National School will review our Healthy Eating Policy every two years.
- Our Healthy Eating Policy is available on our website at www.carrigschool.ie
- A copy will be included in the enrolment pack for new pupils.
- The Board of Management will review this policy every second year.

Signed:

(Chairperson of Board of Management)

Date: