

# Healthy Eating Policy

## Ballindaggin National School

As part of the Social, Personal and Health Education (SPHE) Programme at *Ballindaggin NS* we encourage the 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. A low salt intake reduces the risk of heart disease in later life).

### The aims of this policy are:

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.

### 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 Breaks** - There are two lunch breaks over the course of the school day.

1. Sos Beag – (10 mins) We encourage children to bring a piece of fruit or some veg for this break. Accommodations will be made for children with a sensitivity/intolerance/ allergy to fruits/vegetables after consultation with the class teacher.
2. Lón (30 mins)–The children eat lunch before going to yard for big break. Children are allowed to bring lunch to yard with them as long as it has no wrapper and can be eaten from the hand.

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. We ask you to encourage a healthy lunch right from the start.

Our school has a healthy lunch policy and the following guide is designed to help you provide quick, appetising, and nutritious lunches for your children.

<b>Bread &amp; Alternatives</b>	<b>Savouries</b>
Bread or rolls, preferably wholemeal Rice – wholegrain Pasta – wholegrain Potato Salad Wholemeal Scones Bread sticks Crackers	Lean Meat Chicken/Turkey Cheese Quiche

Pitta bread	
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<b>Fruit &amp; Vegetables</b>	<b>Drinks</b>
Apples, Banana, Peach Mandarins, Orange segments Fruit Salad, dried fruit Plum, Pineapple cubes Grapes (cut in half) Cucumber, Sweetcorn Tomato Coleslaw	Milk Water

**The following is a list of foods and drinks we recommend children should not bring to school:**

- Crisps (including crisp-style snacks)
- Sweets
- Chocolate
- Chocolate biscuits/bars
- Cereal bars with chocolate
- Chewing gum
- Fruit winders
- Frubes
- Popcorn
- Lollipops
- Buns or muffins
- Fizzy drinks (including fizzy fruit-flavoured water, juices, Capri-Sun etc)

\* The general rule in our school is that class teachers do not use sweets/food as rewards. Occasionally the children may receive a sweet treat from staff, for example at Christmas, Easter. We understand that children with allergies may not be able to accept these treats and having consulted with parents an alternative will be given to them.

**A very simple approach to healthy eating is to use the Food Pyramid:**

Fats, Sugars, Sweets	Not every day
Meat, Fish, Peas, Beans	2 portions daily
Milk, Cheese, Yoghurts	3 + portions daily
Bread, Cereals, Potatoes, Pasta	4 + portions daily
Fruit and vegetables	6 + portions daily

## 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 to use cling film or tinfoil
- not to bring in cans and glass – for safety reasons.
- take home all uneaten food and fruit peel

### 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.**

### Implementation

This policy was drawn up following consultation with the entire parent body via survey, pupils, staff and the BoM.

It is the responsibility of parents to ensure their child has a healthy lunch for school each day.

It is the responsibility of teachers to teach children about healthy eating through the SPHE curriculum.

Classes may receive rewards or other incentives to encourage healthy eating.

Ratified by Board of Management on January 24<sup>th</sup> 2023

Signed: James Fejar  
Chairman