

Healthy Eating Policy

Aims of our Healthy Eating Policy

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefits of a healthy well-balanced diet
- To develop an awareness that good eating habits formed early in childhood influence health and wellbeing throughout our lives
- To develop awareness of the importance of food for growth and development
- To explore food preferences in a balanced diet

Benefits of a Good Diet

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

Objectives

- To ensure that we are giving consistent messages about food and health
- To promote health and awareness and encourage our pupils to eat healthily
- To give the pupils the information they need to make healthy choices
- To enhance awareness of our Green School's programme

Breakfast

- A nourishing breakfast is the best start to the child's day, giving him/her the energy to concentrate, learn and play. Research shows that children benefit, both nutritionally and behaviourally, by eating breakfast.

Little break

- Food at this break should be easy to eat. Ideally, a small sandwich or piece of fruit. Fruit/vegetable should be of a manageable size, peeled/chopped, if necessary. Water/non-fizzy drink.

Lunch Break

- Children's lunches should be varied – eg. include sandwiches/ oatcakes/plain rice cakes/ pancakes /crackers, portion of fruit/vegetable, portion from dairy product and water/non-fizzy drink

Green School's Guidelines in relation to lunches

In order to achieve a Green Flag for Scoil Naomh Bríde we must clearly show we are Reducing, Re-using and Recycling.

- All children need a lunch box/bag and, if possible, a re-usable drink's bottle
- All wrappings and uneaten lunch to be returned home in lunch box

Special Treats

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

- Friday is 'Treat Day' and children may bring in one treat on this day

- End of term parties
- School trips
- Specific school celebrations

Please Note

- **If there is a pupil in a class with a nut allergy, all parents/guardians will be informed and we ask that you do not send your child to school, or on school trips, with products containing peanuts or nuts.**

Roles and Responsibilities

Role of Parents/Guardians

- Encourage healthy eating
- Provide a well-balanced lunch for children
- Inform the school, in writing, of any child’s special dietary needs
- To implement the school policy by not allowing their child/ren to bring in foods or drinks that are not healthy/recommended
- To follow the Green School’s guidelines

Role of Children

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches (age appropriate) and remind parent/guardian of Healthy Lunch Policy
- To follow the Green School’s guidelines

Role of School

- To promote and encourage healthy eating and nutrition
- To develop awareness of the importance of food for growth and development
- Teachers will explicitly teach about healthy eating as part of the SPHE curriculum
- To facilitate the children’s development of skills and attitudes to allow them to make informed decisions about their food intake
- To provide adequate time for the children to eat their lunch
- If a child arrives in school without his/her lunch – to check with child’s sibling or secretary will make contact with child’s home to see if lunch may be left into the school

Next Review

- The next review of our Healthy Lunch Policy will take place during school year 2026/2027, or sooner, if necessary.

Ratification and Communication

- This policy was ratified by the Board of Management of Scoil Naomh Bríde, Blackwater, on 26.11.2023. The policy will be placed on the school website. Alternatively, parents/guardians may view this policy in the school, by appointment with the Principal.

Signed: 