

## *Healthy Eating Policy*

The aim of this policy is to develop awareness in pupils that eating habits formed in early childhood can influence their health and well being throughout their lives. Time will be spent during specific Social, Personal, and Health Education (S.P.H.E) lessons and throughout the day, familiarising the children with good nutritional practices. Emphasis will be placed on learning about the “Food Pyramid” which will show the children the different food groups. Pupils will be helped and encouraged to choose from the food groups that will ensure an adequate intake of all necessary nutrients. Students will also be taught that energy – giving foods (e.g. sweets, chocolate etc.), are good in themselves when taken in moderation, but if taken in excess they cause an imbalance in diet.

### **How will we achieve our aim?**

#### **(A) Education:**

- (1) **Formal Learning:** - The children will learn about food as part of their S.P.H.E and S.E.S.E programmes.
- (2) **Informal Learning:** - Pupils will be praised for having healthy lunches – and healthy attitudes! Emphasis will be placed on what is a “good lunch” but pupils will not be reprimanded for having the opposite. The teacher’s role is to educate and encourage but ultimately it is the responsibility of parents/guardians to implement the healthy eating programme.

#### **(B) Whole school approach**

A whole school attitude to healthy eating will be encouraged. This will be formally demonstrated during lessons. It will be informally expressed in school attitude to rewards and awards. To avoid giving children the impression that “if you’re good you’ll get a sweet”, rewards to pupils will henceforth be of a different nature e.g. school pens, notebooks, stamp / star of merit etc.

#### **(C) Healthy Lunches:**

- (1) Children will be encouraged to bring at least one of each of the following:
  - Protein filled sandwich (e.g. cheese, cold meat, tuna etc)
  - Healthy drink
  - Piece of fruit
  - Yoghurt
- (1) Friday will be treat day. On Friday children may bring **one fun size** chocolate bar, **one** small cereal bar or a small bag of jellies. Popcorn, chewing gum, fizzy drinks, energy drinks, crisps, mints, lollipops are not allowed.
- (3) Other exceptions may occur. Teachers will inform pupils if they may bring “sweet” items on other occasions e.g. Christmas party, school tour etc. Such decisions will be at the discretion of the class teacher. Parents are asked not to send in treats for the whole class on special occasions.
- (4) Allergies: It is the duty of parents to inform the school of any allergies their child may have. Nuts and products containing nuts are not allowed as these items may cause harm. Children are not

allowed to share lunches or bring food out onto the yard at break times. Other items may have to be excluded due to severe allergies presenting in children attending the school. Should this situation arise, a note will be issued from the school to inform Parents/Guardians of which food is not to be included in their child's lunch.

Ratified by the Board of Management of St. Brigid's GNS on 9<sup>th</sup> May 2019.