

Healthy Eating Policy

Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life. This policy was initially drafted, circulated to parents and ratified in 2010. This policy was reviewed in 2017, 2019 and 2022. The overall aim is to encourage healthy choices, informed by an awareness and understanding of the term “A balanced diet”. Full co-operation of parents, teachers and children is required to ensure that this policy is effectively implemented.

School Meals Programme

Our school partakes in school meals programme and through the funding of this programme food is provided for children at both breaks. The company which provided our food was Carambola. However, following trial period with another company and subsequent vote by parents Fresh Today now provide our lunches. From September 21 our school is providing Hot Meals for the children. Fresh Today ensure that the meals and snacks are healthy, low in sugar and portion controlled. The menu is available online and selected items can be changed at any time. **If parents choose to send in their own packed lunch for their child, please be mindful of our schools Healthy Eating Policy.**

Objectives:

- To help children to make healthy food choices
- To improve the children’s concentration and energy levels
- To develop an awareness of nutrition
- To encourage parents and children to choose healthy options for school lunches
- To encourage children to make choices in relation to their eating habits by using the menu options provided by Fresh Today at www.freshtoday.ie
- To collaborate with Fresh Today (the providers and distributors of lunches) and monitor the lunches the children are consuming.

Roles & Responsibilities

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Promote healthy eating at home
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or fizzy drinks to school

Role of Children:

- To select items from the Fresh Today menu on a weekly basis
- Not to bring chewing gum, crisps, chocolate bars or fizzy drinks to school

Role of School:

- To promote and encourage healthy eating- this is addressed through the SPHE programme
- If children bring chewing gum, crisps, chocolate bars or sweets to school they will not be allowed to eat them while in school.
- Children are provided with two eating breaks during the school day. Adequate time is allocated to ensure that children have ample time to eat and enjoy food.

Our School Environment

In order to encourage healthy drink options for our children all classrooms have filtered water supplied. As part of our Social Personnel & Health Education curriculum reasons for healthy eating will be discussed with the children regularly by staff.

Teachers will continue to give children a sweet treat on occasions in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour.

Implementations:

This policy was initially drafted and ratified in 2010. It was subsequently reviewed in 2017, 2019 and 2022.