

# Healthy Eating Policy.

March 2017

Policy Document

**Belclare National School**



# Healthy Eating Policy

S.N. an Croí Ró Noafa, Belclare.

## 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.

## Healthy lunch options.

We encourage children to choose from the following foods regularly:

- Bread/scone
- Pitta
- Sandwiches
- Fruit/fruit juices
- Milk
- Yoghurt
- Water

## TREAT FOODS

We recommend foods such as:

- Popcorn
- Raisins
- Plain biscuits

The 4Cs are not encouraged

- Chewing gum
- Chocolate bars
- Candy
- Crisps

## ROLES AND RESPONSIBILITIES

### ROLE OF PARENTS

- Provide a healthy well balanced lunch for children
- Encourage healthy eating
- 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 candy to school.

### ROLE OF CHILDREN

- To eat their lunch
- To bring home uneaten lunch
- By not bringing chewing gum, crisps, candy or chocolate bars to school.
- To be mindful of the healthy lunches policy

### ROLE OF SCHOOL

- To promote and encourage healthy eating
- If children bring chewing gum, chocolate bars, crisps or candy to school they will be encouraged to leave them uneaten in lunch box and take them home. If children have these foods and no others in their lunch box a lunch will be provided.

## IMPLEMENTATION

At the beginning of each school year teachers will display food pyramid and refer to it regularly as part of the social personal and health education curriculum. Reasons for healthy eating will be discussed with the children regularly. A healthy eating week will be held once a term. Teachers will continue to give the children a treat on occasions e.g. making of rice Krispie buns, chocolate marshmallows, chocolate apples at Halloween and Easter.

Ratified by the Board of Management in March 2012.

Review and Ratified by the Board of Management in March 2017.

Due for review November 2020 or as deemed necessary.

Chairperson; **Ulick Egan**

Date March 2017.

Board of Management