



Bansha National School

Healthy Eating Policy

Definition:

This school defines a healthy lunch as consisting of generally unprocessed plain food, that is currently accepted by nutritional experts as being optimal for growth, development and health.



The development of our Healthy Eating Policy involved management, teachers, students and parents in January 2013.

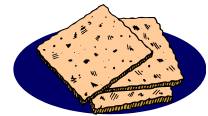
Rationale:

Concern for children's health:-

- To educate children about good choices as regards their health, specifically good food choices.
- In accordance with our ethos, we consider a healthy eating policy to be necessary in order to enable each child to achieve his/her full potential.

Aims:

- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration within class due to consumption of healthy food.
- To develop good eating habits at an early age.
- To reduce the amount of high fat! high sugar food in diet
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc.
- To encourage children to eat healthy lunches.



Vision:

To promote healthy lunches which in turn:

- Help concentration and learning.
- Improve overall health and wellbeing.
- Reduce tooth decay.
- Mean less litter and rubbish.
- Are not expensive.

Implementation:

Children are encouraged to bring lunches:

- That are high in fibre and low in fat, sugar and salt.
- That do not contribute to tooth decay.
- That are from the first four shelves of the Food Pyramid.
- That help to reduce litter and rubbish.

Guidelines:

Lessons on Healthy Eating are incorporated into SPHE and Science early in the school year in all classes and revised periodically.

Sos : All children are allowed to eat small portion of their lunch in the yard and/or have a small drink before exiting the classroom. No yoghurt is permitted at break time (including frubes).

Lón: The children eat their lunch at their desks at 12.20 while the teacher continues to deliver the curriculum. This usually takes the form of Literacy activities, story, music etc. Children are encouraged to have a lunchbox in order to discourage excess wrapping. No glass bottles are permitted. Screw top plastic bottles are encouraged. Children may drink water any time in class. **The eating of nuts is not allowed in school.**



class.

parents

All litter is taken home in the lunchbox. Any uneaten food is taken home so that are aware of their child's preferences and eating habits.

When the 12.30 bell rings, any unfinished sandwiches or fruit can be brought to the playground and finished. Pupils from various classes take turns to collect apple cores, banana peels. Drinks are permitted on the yard.

The Principal is always available to meet with any parent expressing concern or disagreement with this policy. Children bringing unsuitable foods to school are encouraged to keep them for treats after school.



HEALTHY LUNCHES - SOME SUGGESTIONS

Sandwich or roll with anything in it. Bread of any type, e.g. cracker, brown/white, pitta bread, scones, wraps, toasted sandwiches, plain buns, brack, rice cakes. Any piece of fruit. Small carton of fruit.

Milk/fruit juice, drink of water, yogurt drinks(actimel/danone etc.). Finger of raw vegetables, e.g. carrots, cucumbers. Box of raisins. Pasta with tuna. Yoghurts, cheese slices, cheese strings, or raisins.

Yoghurts to be eaten in classroom, sandwich or fruit or other can be brought in hand to yard. No yoghurts on yard.

Pupil can have a drink of water from plastic bottle at any time during the school day.

In order to keep refuse costs at a minimum, pupils bring home packaging and uneaten food in their lunch box.

Rationale for eating in classroom

From 12.20 p.m. – 12.30 p.m.

1. Healthy Eating Policy

H.E.P. was devised in conjunction with parents, staff, children and B.O.M. Eating in the classroom affords the teacher the opportunity of observing the implementation of this policy. Teachers can check that children are actually eating their lunches. Parents become aware of their children's eating habits, as what is not eaten goes home in lunch box.

2. Premises

We have no suitable premises for eating outside of the classroom.
(P.E. room not big enough – insufficient seating and no tables in either P.E. room).

4. Environmental Protection and Awareness

Eating lunch in the classroom has eliminated all litter from the schoolyard and has taught the children how to dispose of litter correctly. (See Healthy Eating Policy)

Foods not Recommended

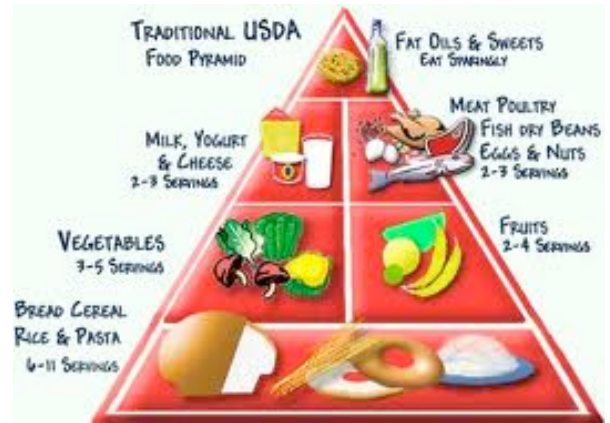
Fizzy Drinks / Sports Drinks / Energy Drinks / Fruit flavoured drinks.
Sweets and Bars.
Crisps of every type/Popcorn.
Chips, Wedges, Burgers, Sausage Rolls.
Chewing gum not permitted at any time.

To help reduce rubbish, children are asked to bring lunchboxes, which eliminate the use of tinfoil, clingfilm, plastic bags etc.

Children are asked to take home waste e.g. left over food and any lunch wrappings that may have been used.

To highlight awareness of Healthy School Lunches the following will be encouraged:

- Monitoring by teachers.
- Guidelines will be displayed throughout the school.
- Relevant literature distributed to parents and children.
- Opportunity to attend Information Evening will be afforded to parents.
- Parents will be reminded in school Newsletter on a regular basis.
- Policy will be integrated with other subject areas S.E.S.E., P.E, etc.



Cool Food Rules OK!

Signed: _____

Date: _____

Review Date: _____