

Convoy Joint National School

Healthy Eating Policy



As part of the Social, Personal and Health Education (SPHE) Programme at Convoy Joint National School, we encourage the children to become aware of the importance of healthy eating. To support parents and pupils in relation to this, practical suggestions for alternative snacks and nutritious lunches are included at the end of this policy.

This policy is linked to:

- SPHE: Taking Care of My Body - Food and Nutrition and Making Choices
- Science: Myself - Human Life Processes

The aims of our Healthy Eating Policy are:

- to develop awareness in pupils that eating habits formed in early childhood can influence their health and well being throughout their lives.
- to promote healthy eating habits, nutrition awareness and a healthy body image among school-going children and young people.
- to improve the children's concentration and energy levels.

Why is this policy important?

Healthy food is important for the following reasons:

- Food is our only source of energy.
- Children are growing and developing and need a good diet.
- Food helps children to work well and improves concentration at school.
- A balanced diet is important for our children's health.
- Children who develop good eating habits will have them for life.

Guidelines

- A healthy lunch box contains a piece of food from the lowest 4 levels of the Food Pyramid (see copy attached).
Such as e.g. (i) sandwiches/roll/wrap/scone/rice/pasta
(ii) fruit/vegetables (iii) yogurt/cheese (iv) egg/meat/tuna
- Healthy fillings for sandwiches are encouraged.
- Snacks for small break include fruit, vegetables, flapjacks, fruit yogurts, fromage frais, crackers, raisins and other dried fruit.
- Biscuits, cakes, buns and some cereal bars have a high sugar and fat content - a healthy lunch box should contain no more than one of these items.
- Water is encouraged, although juices may be used. School milk is also available at a small charge and can be ordered at the start of the year.

Foods not allowed in school:

The following foods can be high in fat / sugar / salt and are therefore, not allowed in school:

- crisps and popcorn
- chewing gum
- sweets
- fruit winders and similar products
- chocolate (milk/dark & white chocolate)
- chocolate flavoured foods e.g. biscuits / bars including cereal bars / yogurts including chocolate ball yogurts/ chocolate spread and any other food that contains chocolate
- fizzy drinks
- hot drinks (for Health & Safety reasons)

Exemptions

On certain occasions during the year pupils will receive or will be permitted to bring in a treat. Such decisions will be at the discretion of the school.

Special Dietary requirements

Parents/Guardians of any child with a medical condition, which requires a special diet should contact the school.

The school should also be informed of any food allergies.

Promoting our Healthy Eating Policy

- Parents and Staff will promote the policy throughout the school week.
- The children will learn about food as part of the S.P.H.E. Programme: Strand Unit - *Food and Nutrition*.
- A copy of the 'Food Pyramid' / 'Food Plate' will be displayed in each classroom and will be referred to regularly.
- We will continue to source and use means to promote this policy e.g. posters, leaflets, the food pyramid, the food plate etc.
- Information on our Healthy Eating Policy is included in the school's Introductory Booklet for new parents.

Success Criteria

Evaluation of the effectiveness of the policy will be conducted through:

- Continued observation of lunch box contents.
- Reduction in the number of incidents where children are bringing banned/discouraged foods and drinks to school.
- Increased awareness of healthy eating among children.
- Regular reviews of policy.

Review:

In reviewing this policy, parents were consulted at the Parent-Teacher Association (PTA) AGM and feedback was invited from pupils, parents/guardians and staff.

This policy will be reviewed regularly.

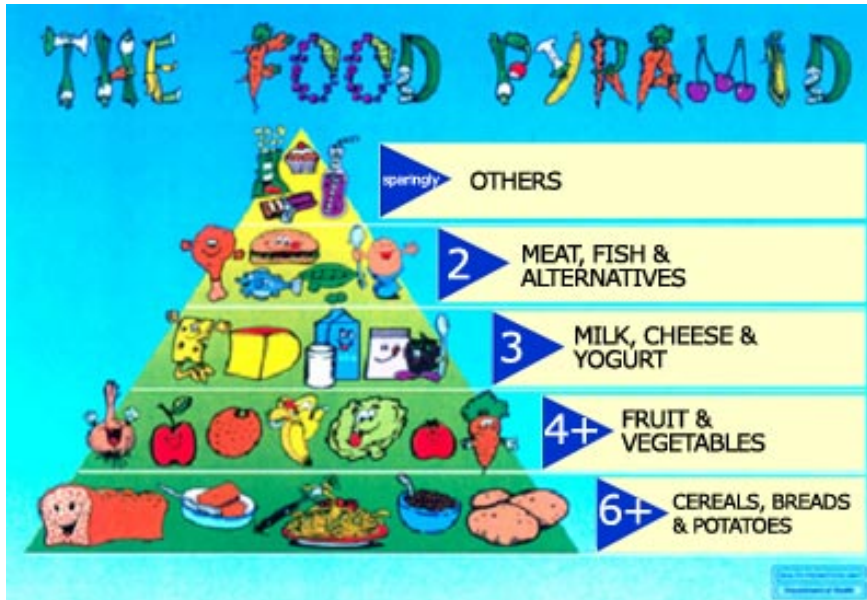
Reviewed 2014

The Food Pyramid

The pyramid outlines the daily-recommended servings from each food group. A healthy lunch box would include a piece of food from the bottom four shelves of the food pyramid.

(Information taken from the 'Food & Nutrition Guidelines for Primary School' - Department of Health & Children)

The Food Pyramid



Lots of Great & Tasty Ideas

SNACKS:

Try ... whole-meal muffins, raisins, scones, flapjacks/pancakes, raw vegetables, fruit, seeds, dried fruit, fruit yogurts, crackers, fromage frais or bread

DRINKS:

Gulp Down ... water, unsweetened/low sugar fruit juices, yogurt drinks, vegetable drinks or smoothies

CARBOHYDRATES

What About ... whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pasta, rice or rice cakes

Fillings could include: cheese, tuna, cold meats, lettuce, cucumber, egg, tomato, onion, peppers, coleslaw, salad or jam.

FRUIT:

Chop On ... apple, orange, banana, pear, plum, kiwi, melon, grapefruit, pineapple and many more ...