



CUSHINSTOWN
NATIONAL SCHOOL

Healthy Eating Policy

Revised May 2017



CUSHINSTOWN NATIONAL SCHOOL

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme at Cushinstown NS, we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor that influences health. Research indicates a strong link between diet and performance e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for all aspects of healthy living

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre.

When the initial policy was formulated, the Parents' Association members were consulted. They were also consulted during the policy review.

All pupils in our school were involved reviewing the policy. The children were asked the following questions:

1. What foods could be included in a healthy lunch?
2. What foods should not be included in a healthy lunch?
3. What drinks could be included in a healthy lunch?
4. What drinks should not be included in a healthy lunch policy?
5. Who should help us make good decisions about a healthy lunch?
6. Should we make exceptions for special occasions in school?

7. Any suggestions how we can remind people to have a healthy lunch?

The following guide is designed to help you provide healthy and nutritious lunches for your children:

Bread & Alternatives

Bread or rolls
Rice and pasta
Pitta bread
Crackers
Scones
Bread sticks
Popcorn
Rice cakes

Savouries

Meat
Tinned Fish
Cheese
Quiche

Fruit & Vegetables

Apple, Banana, Peach
Mandarin, Orange segments,
Fruit Salad, dried fruit,
Plum, Pineapple cubes,
Grapes, Cucumber,
Sweetcorn, Tomato,
Veg soup, Smoothies

Drinks

Water
Milk
Diluted juice
Plain yoghurts (Chocolate not allowed)
Fruit juices

We ask that children do not bring the following to school:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Nuts - due to severe allergies in our school
- Chocolate milk or drinks
- Sweets
- Chocolate spreads
- Chocolate biscuits/bars
- Buns and cakes
- Cereal bars
- Custard
- Fruit winders
- Lollipops
- Chewing gum

A very simple approach to healthy eating is to use the Food Pyramid:

Fats, Sugars, Sweets	Sparingly
Meat, Fish, Peas/Beans	2 portions per day
Milk, Cheese, Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

Treat Day

Friday is our treat day. On this day children are allowed to bring one small treat with their healthy lunch.

Special Occasions

Exceptions can be made for special occasions e.g. Communion, Confirmation, end of term parties and school trips.

Green Flag School

Our green school motto is:

‘Be cool, recycle at school’

‘Do the earth a favour, be a power saver’

With this in mind, children are also asked to:

- take home all uneaten food, wrappers, containers and cartons
- use re-useable containers and recyclable materials
- put fruit peels/apple cores into the compost bins
- not bring in cans and glass – for safety reasons.

Medical conditions and 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 notified about any food allergies your child may have. For this reason we ask that parents and staff remind children not to swap or share food.

Ratification & Communication

This policy was ratified by the Board of Management of Cushinstown N.S.

Signed: _____

Chairperson, Board of Management

Date: _____