

Healthy Eating Policy

Introductory Statement:

This Policy was formulated after consultation with teachers, pupils and parents of the school. Gaelscoil Ros Eo endeavours to support both parents and pupils to develop healthy eating habits from an early age.

This policy is linked with to the Primary School Curriculum through:

- SPHE: Taking care of my body, Food and Nutrition and Making Choices
- Science: Myself and Human Life Processes.

Mission Statement:

To promote life-long education of healthy eating for mind and body.

Aims/Objectives:

- To provide a safe environment for all members of the school community
- To help children improve concentration, learning and energy levels
- To support parents and children when making healthy choices regarding food
- To develop nutritional awareness between all members of the school community
- To reduce the waste generated during school hours.

Guidelines:

- A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid.
- Cans and glasses are not permitted for safety and litter reasons.
- Healthier choices of drink include water, milk, unsweetened juice

- Some of the healthy snacks that we encourage for the small lunch break include popcorn, fruit, flapjacks, yogurt, fromage frais and crackers
- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect the environment.
- All classes will receive a minimum of 2 lessons on healthy eating
- School staff will provide positive modelling and supportive attitudes to encourage healthy eating
- A practical guide to healthy eating will be provided for everyone, including information about the food pyramid.
- All staff, parents and pupils must follow the guidelines provided by the school should there be a health risk to any individual resulting from food allergies.

Suggestions for suitable foods are:

Bread and Alternatives

- Bread or rolls, preferably wholemeal
- Rice- wholegrain
- Dried Pasta- wholegrain
- Potato salad
- Wholemeal scones

Savouries

- Lean meat
- Chicken/ turkey
- Tinned fish
- Cheese

Fruit and Vegetables*

Drinks

- Milk
- Water
- Squashes
- Yoghurt drinks

Other

- Yoghurts
- Popcorn

*Children are permitted to eat fruit and veg in the school yard during lunch. A compost bin will be provided for fruit peelings. We would ask parents of the infant classes to peel the oranges before sending it in their child's lunchbox. Food packaging is not permitted in the school yard.

The following foods are not permitted in school lunch boxes:

Crisps

Fizzy Drinks

Sweets

Chewing Gum

Doughnuts

Buns

Cakes

Chocolate Bars

Chocolate spread

Chocolate coated foods

Fruit bars/winders/peelers

Cereal Bars (all varieties)

Sweet waffles

Pancakes

Egg

Egg Sandwich

Egg Salads

Quiche

Mayonnaise

Icing Sugar

Fresh pasta

Pastries

We ask parents not to bring sweets/chocolate/crisps/cakes etc. to school on their child's birthday.

Exceptions:

- End of term party
- Friday treat from teachers (if the teacher wishes to do so)
- School tour
- School sports day

Roles and Responsibilities:

Staff and parents are responsible for the positive promotion of this policy. Parents are responsible in ensuring that unhealthy food is not sent to school in their child's lunch box. Should they bring them in; teachers will ask children to bring home any food that is not permitted.

Timeframe for Implementation and Review:

This policy will be implemented from the first day of November 2013.

The policy will be reviewed in September 2015.

Ratification and Communication:

The Board of Management ratified the policy in October 2013.

The policy will be available to parents on the school website from October 2013.