

Kildallan National School HEALTHY EATING POLICY

What we eat is known to be one of the key factors influencing our long-term health and wellbeing. The primary school SPHE curriculum provides an opportunity to help children learn and explore the benefits of eating a healthy and well balanced diet. Through these guidelines, Kildallan National School aims to help all those involved in our school community;-children, staff and parents, to develop positive and responsible attitudes to eating and to appreciate the contribution that food makes to health. With that in mind, we plan to introduce the following healthy eating policy in our school.

1. Parents should ensure that children have a balanced breakfast to help them learn and concentrate well in school.
2. A healthy lunchbox should include a helping of food from the bottom four shelves of the food pyramid. A copy of the newly revised Food Pyramid and a copy of our Healthy Eating Policy will be supplied to each family in September of each new school year
3. Some of the healthy snacks that we encourage include fresh fruit, vegetables, cheese, standard yoghurts (non-dessert), plain rice cakes and crackers.
4. Pupils will be encouraged to avail of the EU School Milk Scheme, which will be introduced in the school if possible. *(Plain milk only will be offered and all milk cartons will be stored in a refrigerator).*
5. Children are encouraged to bring a bottle of tap / still water to school and to drink it at lunch times and immediately after both breaks.
Pure unsweetened juices or well-diluted sugar free squashes (1 part squash: 8 parts water) may also be included.
6. Chocolate spreads, cakes, buns, chocolate dips, chewy /sticky bars, sweets, chewing gum, salted/chocolate covered nuts, crisps, cereal bars, fizzy drinks and juice drinks are not permitted.
7. On special occasions (to be decided on by the school staff), treats will be allowed.
8. When refreshments are provided at school-related events, we will ensure that healthy choices are on offer for everybody – adults and children.
9. Sweet treats for birthdays such as cakes, buns, sweets, party bags etc should not be brought into school.

10. Age appropriate lessons on nutrition & healthy eating will be included as part of the school curriculum each year during SPHE lessons in all classes.
11. A 'Healthy Eating Awareness Day' will be held each September as an incentive to encourage healthy eating at school and at home, in tandem with lessons on nutrition being taught.
12. All staff will provide positive modelling and support attitudes to encourage healthy eating. Non-food related rewards will be provided and staff will eat healthy lunches in an effort to reflect what's being taught regarding nutrition and healthy eating.
13. These '*Healthy Eating Guidelines*' will be reviewed every two years and the policy will be visibly displayed in the school on our HPS Display Board. The policy will also be posted on our school website.
14. The policy will be encouraged rather than enforced and children who engage positively with it will be rewarded with non-food related treats on occasions.

This policy will be ratified at a Board of Management Meeting on Thursday 16th February 2017.

Signed: _____
Chairperson

Date: _____

Signed: _____
Principal

Date: _____