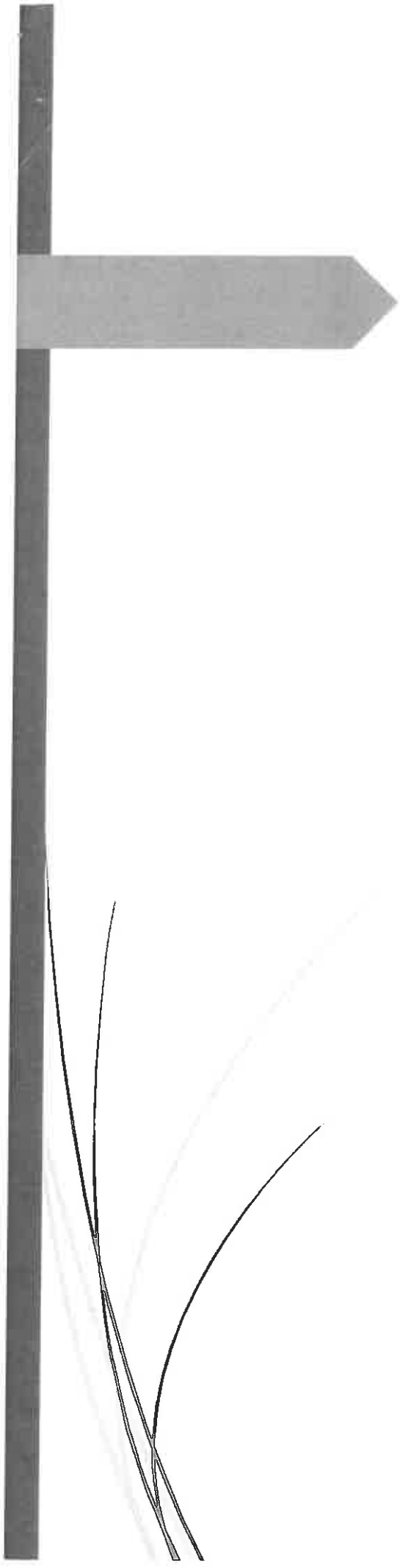


SCOIL MHUIRE

LACKEN

Healthy Eating Policy

September '21

Review - Annually

Introduction:

The promotion of healthy school lunches is a central component of the Social, Personal and Health Education Programme. Scoil Mhuire Lacken has been active in raising awareness of pupils in the school on the importance of healthy eating both at home and at school. The formulation of this policy is designed to reinforce and extend good practice across the whole school community. What people eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school. Food is often a feature of school celebrations. The curriculum provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines, Scoil Mhuire Lacken aims to help all those involved in our school community, e.g. children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

Rationale:

Healthy eating is part of the SPHE and Science programmes for each class.

Healthy eating is a central component of the overall health of children and as such is part of the holistic education that we advocate as part of our education philosophy. Aims:

• To promote the personal development and well-being of the child

• To promote the health of the child and provide a foundation for healthy living in all its aspects.

• To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.

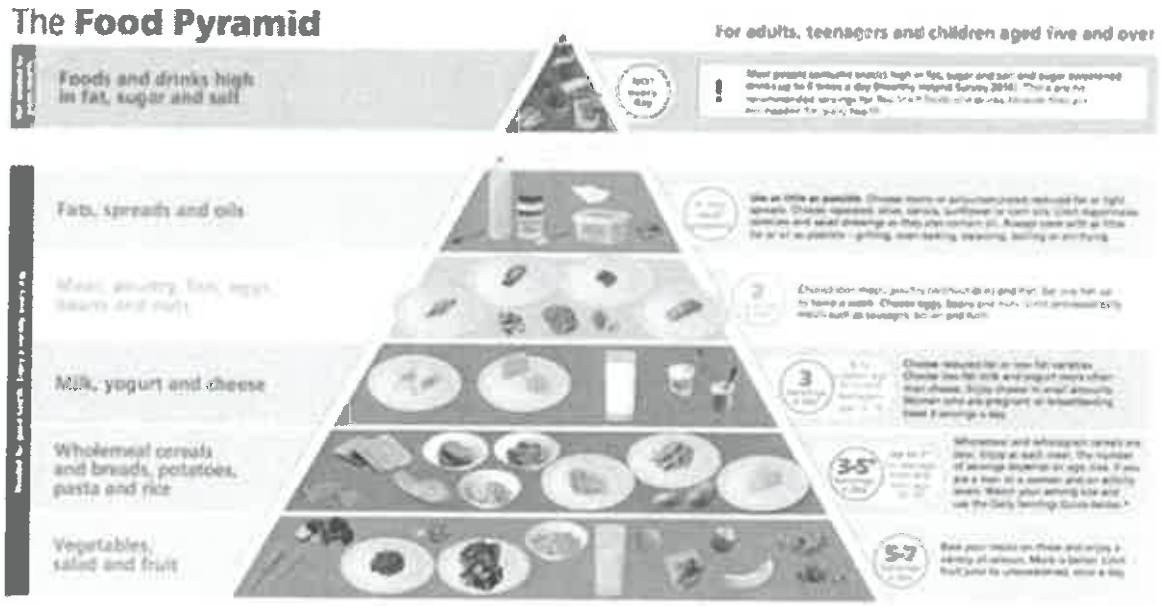
• To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

• To raise levels of concentration within class due to consumption of healthy food.

• To encourage children to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons, etc.

Guidelines:

- ✓ A healthy lunch includes a piece of food from each of the first four levels of the Food Pyramid. A third of the day's energy needs should be provided at lunch time: proteins, carbohydrates, vitamins and minerals. Pupils will be encouraged to eat their lunch in a timely manner. The following are some guidelines for a healthy and nutritious lunch.



- ✓ It is important that children have breakfast before school. The importance of breakfast is to help concentration at school.
- ✓ A healthy snack and lunch is provided free of charge to all children in which our healthy eating policy is followed.
- ✓ As we have some children who bring their own lunches our healthy eating policy applies also. In this instance some of the healthier snacks we encourage for small break are fresh fruit, vegetables, cheese, cream crackers, raisins.

- ✓ **Chocolate spreads, chocolate dips, chewy/ sticky bars, sweets, chewing gum, nuts, crisps, salted and sweet popcorn, dessert yoghurts, frubes are not permitted under any circumstance**
- ✓ Healthy choices of drinks include milk and water (water is provided daily to children).
- ✓ Children with prohibited or unhealthy lunches will be offered an alternative from our healthy lunch menu.
- ✓ Special occasions (as decided by the school) are treat days and children will be allowed one small treat on those days and guidance will be provided by the class teacher.
- ✓ Here in Scoil Mhuire Lacken, we will endeavour to host "Health eating Awareness days" one per term to highlight the importance of healthy eating.

Success Criteria:

We will know that the policy is effective if the awareness of the school community is heightened and if all pupils bring healthy lunches to school.

Roles and Responsibilities:

Teachers will provide positive modelling and supportive attitudes to encourage healthy eating. It is the duty of each class teacher to ensure the Healthy Eating Policy is adhered to in their own class. Positive modelling and co-operation of the parent body is also forms an important role of this policy.

Review: This policy will be reviewed at regular intervals.

Ratification:

This policy was ratified by The Board of Management of Scoil Mhuire Lacken on

Signed: Thomas Gallagher

Chairperson Board of Management Lacken

Date: 4/10/2021.

Signed Aoibhinn O'Neill

Principal Scoil Mhuire