



Crecora National School Healthy Eating Policy

Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life. This policy was reviewed in December 2017.

Healthy Lunch Options:

We encourage children to choose from the following foods regularly

- Bread/scones
- Pitta bread
- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, salad
- Fruit Juice
- Yoghurt Drinks
- Milk
- Water
- Soup

Treat Foods

We recommend foods such as:

- Fresh fruit
- Raisins
- Yogurt or Yogurt drinks
- Wholegrain/ Digestive biscuits
- Honey dipped dried bananas

The 4 Cs are not allowed : Chewing Gum, Crisps, Chocolate bars, Candy

Many children in the school suffer from various food allergies. The Board of Management earnestly requests your support in the following matter. A number of children in our school have an extreme form of food allergy to eggs and nuts. In the interests of health and safety, parents are requested to avoid giving nut or raw egg products in children's lunches. Please do not put nutella, peanut butter, mayonnaise or eggs in sandwiches. The Board is aware of the inconvenience that this might cause but we cannot take a risk with a child's life. Here in Crecora, we will do all we can to ensure these children's safety but we depend on parental support with regard to lunches. To date we have received great support from parents and we thank you all for being so understanding. In the past, many parents have sent in food treats to the children in school, especially after returning from holidays. This is a very generous gesture. However, many children in the school suffer from various food allergies so we would ask you to refrain from such gestures in the future. All parents are made aware of this policy in the newsletter at the beginning of the year.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or candy to school

Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring chewing gum, crisps, chocolate bars or candy to school
- To take lunch wrappings home in an effort to encourage green awareness as part of our SESE curriculum

Role of School:

- To promote and encourage healthy eating.
- If children bring chewing gum, crisps, chocolate bars or candy to school they will not be allowed to eat them while in school. If children have these foods and no other lunch has been provided by parents, children will be allowed to eat them but a note will be made in the child's journal and a copy of the policy will be sent home to remind parents and request their co-operation in this regard.
- In the event of a child forgetting a lunch parents will be contacted.

Implementation:

This policy has been in operation in Crecora NS since 1995. It was amended in 2017.

A copy of *The Healthy Food Pyramid* will be on display in every classroom and will be referred to regularly.

As part of the Social Personal and Health Education curriculum reasons for healthy eating will be discussed with the children regularly by staff.

A healthy eating week will be held during the year.

The following are suggested activities which may be undertaken during the week:

How to stay healthy- talk on need for a balanced diet and exercise.

Table Quiz based on healthy eating.

The story of Milk and milk products.

The story of tea.

The story of coffee.

The story of butter etc.

Fruit tasting.

Vegetable tasting.

Making soup.

Making a fruit salad.

Recipes for healthy snacks and party food.

Colouring Competition

Poster Competition

Art Competition
Songs
Poems
Skipping Rhymes

Cookery Demonstration- invited chef to cook fish dishes, how to make healthy snacks & lunches, how to make vegetables interesting, pizza toppings etc

Talk / Seminar – given by dietician, local health nurse, dental hygienist,

Teachers will continue to give children a sweet treat on occasions in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats used prudently by teachers will not interfere with the health of the children. This policy was reviewed by staff in November 2017 and ratified and by the Board of Management on 18th December 2017,

Signed: _____,
Chairperson Board of Management

Date: _____..