

Scoil Phádraig, Ballyhale, Co. Kilkenny.

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School Policy on Healthy Eating

- Healthy eating Consultation* The Board of Management, Parents Association, pupils and staff of Scoil Phádraig, in line with the healthy eating guidelines and the associated problems with childhood obesity, have worked together on the following policy.
In drawing up this policy we hope to encourage and promote healthy eating in our school.
- H.S.E.* The H.S.E. works hard to promote healthy eating habits among school children.
Other sources:
www.waterschools.eu
www.bordbia.ie
www.hse.ie (Health Service Exec.– Healthy Eating and Nutrition)
www.fsai.ie (Food Safety Authority of Ireland)
www.safefood.eu (Safe Food – Healthy Eating)
- Aim of the policy* Through these guidelines Scoil Phádraig, Ballyhale, aims to help all members of the school community; parents/guardians, pupils and staff, to develop positive and responsible attitudes to eating and to appreciate the importance of good food to health and general well-being – good teeth, increased concentration, enhanced energy levels etc.
- Guidelines* The food children eat is known to be a key influence on their general health. We encourage the use of foods such as popcorn, fruit, yogurts (that are easy to open), rice cakes and crackers.
- Healthy choices for drinks include water and milk. We are running our **Water Week** and **Water Month**. This initiative will continue but primarily the healthiest drink to bring to school every day is water.
- Suggested healthy choices for school lunches include:
Sandwich, roll, bread, crackers, pitta bread, rice cakes, pasta, rice, fruit, salad with either milk or water as drinks. There is a suggested list with healthy choices on the last page of this document.
- Children are encouraged to use a lunchbox as this reduces litter and can be washed out and reused every day.
Please try and choose food with less packaging if possible.**
- There should be no treats in lunchboxes in school.**

“Fruit on Friday” is another initiative we are encouraging.
Of course bringing fruit or chopped vegetables does not have to be confined to just Friday.

All litter connected with children’s lunches and any uneaten lunches should be brought home in the lunchbox.

Provision of information

Classes will be taught lessons on healthy eating in an age-appropriate manner through the subjects Social Personal and Health Education (Junior Infants to 6th class) and Science (3rd class to 6th class). The school will keep records of the percentage of water in each class and an overall class will receive a trophy at the end of each month.

Monitoring

We are confident that parents/guardians will give a high level of support to this policy, recognising that it is aimed solely at the welfare of their children and the development of good habits for growing, developing and staying healthy for life.

Teachers will be making spot checks on lunch boxes from time to time with the aim of praising and encouraging the healthy lunches the children have brought. The approach will be positive and encouraging. The school has partaken in Food Dudes in the past and it proved very successful.

We would also ask parents/guardians to be sensible and to encourage healthy eating both at home and in school.

From time to time there may be times when a child in a class has an allergic reaction to certain food. One possible example includes a child with a nut allergy. The classes affected will be asked to avoid sending nut products to school. We would urge all parents/guardians to avoid sending such products if the need arises.

Rules

The following rules should be regarded as part of the code of behaviour of the school, as approved by the Board of Management.

1. The following items are not allowed in the school, including school outings, on all occasions, including treat days:

- Red Bull and similar energy drinks
- Chewing Gum
- Crisps/Tortilla Chips
- All fizzy drinks
- Glass bottles and cans are not allowed for safety reasons.

2. Chocolate, biscuits, muffins, sweets and chocolate spread (including “fruit winders”) are **not** allowed.

3. Teachers will adopt a positive and encouraging approach to this policy. However, if a pupil is found to have disallowed items these will be asked to take this item home in their lunchbox.

Persistent breaches of the policy will be treated in the same way as any persistent misbehaviour, as outlined in the school code of discipline and will be discussed with parents/guardians.

4. From time to time, teachers may give sweets as prizes in class. This will be done in the context of an overall policy of healthy eating in the school.

Similarly, exceptions may be made on special occasions, such as a visit to the school by members of a victorious camogie or hurling team etc.

It has been decided by the Board of Management that this Policy is to be effective from 25th of October 2022.

Here is a list of lunch ideas and items that are **encouraged, discouraged and not allowed** in school. These lists are not exhaustive.

Foods encouraged in school	Foods discouraged in school	Foods not allowed in school
Fruit - apples, bananas, oranges, strawberries, grapes, pineapple chunks, orange segments, plums etc.	Fruit juices (water is encouraged)	All Crisps/Tortilla chips
Raw vegetables (chopped up carrots, peppers, sweet corn, celery etc.)	Cordial juices diluted with water	All fizzy drinks and energy drinks.
Salads (lettuce, cucumber, tomatoes etc.)	Rice Krispies Squares	Chocolate covered rice cakes
Hard boiled eggs	Cereal bars	Chewing gum
Tinned Fish – eg. Tuna, Salmon	Pastries	Chocolate bars, biscuits
Cheese	Rice cakes with yogurt	Chocolate Spread
Wholemeal Scones	Smoothies	Sweets, lollipops
Pitta bread ,Bagel, Tortilla Wrap		Muffins, cakes
Rice, Pasta, Couscous ,Hummus, Noodles.		Chocolate yogurt/mousse
Lean Meat- Ham, Chicken and Turkey		Muller corners with chocolate
Soup		Fruit winders
Water, Milk		
Bread and Rolls, preferably wholemeal		
Crackers/Plain rice cakes		
Honey/Jam		
Homemade flapjacks		
Lightly salted/unflavoured popcorn		
Yogurt/yogurt drinks		