Healthy Eating Policy

# Vision Statement:

In light of recent publicity regarding obesity, especially in Irish children, due to unhealthy eating habits and lifestyle, we, as a school community will endeavour to promote healthy eating habits, which combined with an improved lifestyle would benefit the child both physically and mentally.

# Introductory Statement

Recent statistics have shown that Irish children and teenagers scored second worst for obesity in a European league table and to remedy this we have decided to put in place the following healthy eating policy.

# Rationale

Holy Spirit Girls’ National School through this policy aims to help all those involved in our school community, children, staff and parents, in developing and maintaining positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health. By working in partnership with the home, the school aims to promote the consumption of healthy food and drinks in the school on a daily basis. This policy was formulated following input from, and consultation with staff and parents of Holy Spirit Girls’ School.

# Aims of the Policy

1. To create an awareness of healthy eating choices.
2. To enhance the existing S.P.H.E. programme.
3. To encourage and promote the benefits of a well-balanced diet.
4. To make pupils and parents aware of the benefits of healthy eating.
5. To put in place procedures to promote and monitor good practice among the children in our school.

# Implementation of Aims:

1. Through the use of the S.P.H.E. programme to create an awareness of healthy eating choices.
2. By availing of services and resources supplied by outside agencies e.g. Mid Western Health Board.
3. To involve educational partners i.e. Parents’ Committee, Board of Management and staff in creating an awareness of and implementation of the schools Healthy Eating Policy.
4. To promote morning break as a healthy eating fruit break.
5. We would envisage that healthy eating choices would be reflected in the contents of the children's lunches which are received on a daily basis from Glanmore Foods.

**Distribution of Food in School**

The pupils currently receive a variety of food in the school on a daily basis. This food is distributed upon arrival at school, during the morning break and to a lesser extent at lunchtime.

Healthy foods encouraged by the school include…\*

* + Fruit
  + Breads/Wraps
  + Sandwiches
  + Pasta Salad
  + Yoghurt & yoghurt drinks
  + Cheese
  + Meat
  + Fish
  + Egg
  + Water
  + Crackers
  + Rice Cakes
  + Jelly
  + Milk
  + Tuna
* This is not an exhaustive list and is merely to act as a guideline for parents The following foods are **not permitted** as part of our Healthy Eating Policy…\*
  + All carbonated (fizzy) drinks
  + Crisps
  + Chocolate
  + Chocolate spread
  + Nutella
  + Sweets
  + Bars
  + Breakfast bars
  + Biscuits
  + Cakes
  + Buns
  + Sweetened juices
  + Popcorn
  + Nuts
  + Deli food such as chicken fillet roles, sausage rolls etc.
* This is not an exhaustive list and is merely to act as a guideline for parents

The Healthy Eating guidelines are to be followed on school trips/outings etc. unless otherwise stated.

**Education Measures**

* + All classes will receive lessons relating to the topic of healthy eating and its benefits, as part of the school’s SPHE and SESE programmes.
  + The school will have visual displays and posters promoting healthy eating.
  + Teachers will provide positive modelling and supportive attitudes to encourage healthy eating.
  + **This policy was completed and made ready for the school plan.**
  + **This policy was ratified at the Board of Management meeting.**
  + **This policy was discussed at a staff meeting– staff requested to promote policy**
  + **This policy is reviewed yearly.**

Signed by Chairperson of the Board of Management:­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Review:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_