

SCOIL SEANÁIN NAOFA CLUAINLÁRACH

Healthy Eating Policy

Introduction:

Following consultation with parents and teacher reps., the following Healthy Food Policy has been compiled. It is based on Healthy Eating Guidelines as outlined by the Health Promotion Unit of the H.S.E. and its personnel.

Vision:

Scoil Seanáin Naofa, through these guidelines, aims to help all those involved in our school community – children, staff and parents, in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

Guidelines:

(a) Role of Teachers:

To give the children the required knowledge through the S.P.H.E. programme to enable them to make healthy eating decisions. Teachers will teach the appropriate lessons formally in September and informally throughout the year.

(b) Role of Parents:

(i) To raise the children's awareness of the benefits of healthy eating patterns which in turn will complement the work being done in school.

(ii) The provision of healthy, nutritious meals and lunches.

(iii) By weaning children off unhealthy eating habits.

(c) Breakfast is important

It is important to encourage breakfast. A good night's sleep followed by food in the morning helps children to stay active and concentrate at school. It also means that your child is less likely to be too hungry during the morning. Be a role model and let your child see you eat breakfast too. A bowl of cereal and fresh fruit is a great starter for the whole family.

(d) School Lunches:

All are requested to choose from the following list or from the brochures.

Suggested List	Foods not permitted
Scones Sandwiches (brown bread preferably) Flapjacks Pitta Bread Sesame sticks Raw veg. Preferably small fruit e.g. banana, Easy peel oranges, grapes etc. (large apples are usually left uneaten) Yogurts, Petit Filous, Yops, Actimal Crackers Raisins Cheese	Bars Crisps Sweets Biscuits/Cakes No cereal bars e.g. Rice Crispy Squares

Drinks

Suggested List	Drinks not permitted
Water Milk Fresh Juice Sugar free juice Unsweetened diluted drinks	Fizzy drinks

(e) Family Mealtimes

Mealtimes are a chance to share about the day's activities and events. The evening meal is an important time to allow talk and sharing of daytime activities.

(f) Healthy Eating Tips i.e. snacking.

- Children need a variety of different foods each day.
- Snacks are an important part of a healthy diet for active children. (see brochure)
- Let children help with preparation
- Encourage children to drink plain water

(g) Exercise and Activity

Physical activities are an important part of good health. Try to encourage children to do something active each day.

- Limit the amount of time spent watching T.V. for the whole family.
- Do something physical and active together.
- Encourage daily activity.

This policy has been implemented from the 4th October 2004. To ensure its success, a concentrated effort by all parties will be necessary. Should any child suffer a health condition which requires a special diet and should this policy prove unsuitable, please contact the Class Teacher/Principal.
Mar a deir an Seanfhocal.
“Ni neart go cur le cheile”.

Review

This policy will be reviewed as necessary. Any comments or suggestions are welcome to either Parents Council Rep. or teachers are welcome.