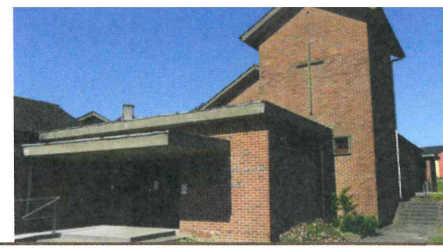


St. Joseph's National School

Dublin Road, Longford. Tel: 043 3345700 Roll No.: 18178r
Email: stjosephsnslongford@gmail.com www.stjosephsns.ie



St Joseph's National School

Healthy Eating Policy

AIMS

- To ensure that all aspects of food and drink in our school promote the health and well-being of pupils, staff and visitors to our school.
- To provide an enhanced environment for learning by promoting the physical and mental well-being of the whole school community.
- To raise awareness of varieties of food, its quality and effect.
- To enable pupils to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.
- To engage with parent and the wider community in the process of improving the eating and physical activity habits and the dental and mental health of our pupils.

1. The School provides a **healthy breakfast** from September to June for all pupils who wish to avail of the service. A choice of the following foods will be served in the lunchroom each morning - porridge, weetabix, , multi grain cereals, wholemeal toast, milk and diluted fruit juice. (In very cold weather scrambled egg with toast or beans may be served.)
2. **Fruit** will be served to all classes during the week to be consumed at break-time.
3. Families who wish to avail of our **hot lunch** scheme are welcome to do so. The following meals are provided; - pasta with meat sauce, vegetable and meat stew, chicken curry and soup from September to June. Variations to the menu may occur from time to time.
4. Lunchtime is priority time for both food and play. Pupils will be asked to sit down to lunch together in lunch-room or classroom for 10-15 minutes and playtime will be allowed for 15-20 minutes. Two pupils from 5th and 6th classes will eat with each junior class in a supervisory capacity. There will be clean-up time for 5 minutes; this practice will continue for the duration of the year.
5. All teachers will promote **water** consumption throughout the school day amongst all classes, and parents will be made aware of this. All students from 1st class will be permitted to keep water at their class desk. Only sports capped water bottles will be permitted on classroom desks. After break times and PE, all students will be asked to drink water. Tap water will be promoted continuously.
6. Pupils will be discouraged from bringing foods high in fat, salt, and sugar into school.

Examples of unhealthy foods include bars, biscuits, buns, cakes, cereal bars, chocolate/chocolate spread, crisps, croissants, doughnuts, fizzy drinks, high sugar juices, lollipops, pretzels and sweets. **Chewing gum is not allowed.**

All teachers will inform their pupils of the school's intention to discourage these items. Parents will be informed of this through a formal note. Once pupils and parents are informed, lunchboxes will be checked periodically to ensure compliance.

7. A positive attitude towards healthy lunches is promoted and pupils are advised as to what should be in their lunch box. A healthy lunch should include:
 - at least one portion of fruit/vegetables.
 - a choice of bread/wholemeal/roll/scones, sandwiches/pitta bread/ wraps /crackers.
 - a choice of cheese, yogurt (preferably natural), lean meat, eggs, fish(tuna), pasta, salad etc..Drinks to include water, milk or diluted fruit juice.
8. Pupils will be encouraged to consume fruit/vegetables for their eleven o'clock break each day. One day each week will be nominated specifically as **a Fruit Only Break**. Pupils will be asked to consume only fruit/vegetables and water at the eleven o'clock break on this day. This day will be our **"Fruity Friday"**. Parents will be notified of this change a fortnight before the first "Fruity Friday". Fruity Fridays will continue for the full academic year .
9. In accordance with our Green School's Action Plan each pupil should have a lunch-box and re-usable drinks bottle. The use of Tin Foil is discouraged. All uneaten lunch and lunch litter must be brought home. Recyclable items and compost items are to be put in the appropriate bins provided.
10. The use of food as a reward system is discouraged. All teachers will avoid the use of food or drink to reward pupils' efforts. Food treats are to be confined to occasional Friday afternoons and children should be reminded to brush their teeth when they go home. Teachers will determine their own reward system, both for individual pupils and their class as a whole. For example, individual rewards may be no written homework and class rewards may be 10 minutes of extra PE/reading time/DEAR time/ computer time. This practice will continue indefinitely.
11. Healthy snack alternatives will be encouraged/ provided at School Events and Celebrations. (Confirmation/Communion parties/Christmas/Sports Days etc) Food items such as plain popcorn, seasonal fruits and vegetables, cheese, crackers, rice cakes or scones should be available/brought. Events requiring this measure will occur with the assistance of parents. When the school is providing snacks, pupils will be consulted on preferred snacks to reduce waste.
12. The teaching staff will nominate "ACE (Health Promoting) Champions" from amongst the pupils (3rd-6th)to champion the principles of the ACE /Health Promoting Schools' Programme . Each ACE (Health Promoting) Champion will visit classes to raise awareness of the **Healthy Eating** programme and assist in audits and monitoring. Two pupils per classroom will be chosen each term.

13. The teaching staff will model positive behaviours around the pupils. The **3C's are not allowed –Candy, Chewing gum, Crisps.** Teachers will complete the appropriate lessons as part of the SPHE Curriculum and ACE /Health Promoting Schools' Programme to promote positive living amongst pupils. Teachers will promote healthy behaviours more especially amongst their own pupils, and will check lunchboxes once a week. Teachers will engage in such positive behaviours on an ongoing basis.

Role of Parents

- Provide a healthy well balanced lunch for children.
- Encourage healthy eating.
- Inform the school of any child's dietary needs or allergies.
- To implement the school policy by providing healthy lunches and not allowing the children to bring chewing gum, fizzy drinks, candy or crisps to school.

Role of the school staff

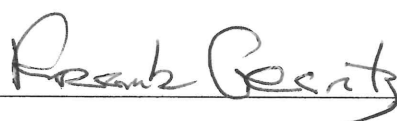
- To raise awareness of the benefits of healthy eating by teaching relevant lessons on the subject in an age appropriate manner (ACE programme/Healthy Ireland Programme and the Food Pyramid).
- To implement the healthy eating policy .
- To work in association with parents in providing Healthy Cookery Courses (HSE Community and Dietetic Services)
- To provide support to parents through our HSCL scheme.

Role of the Board of Management

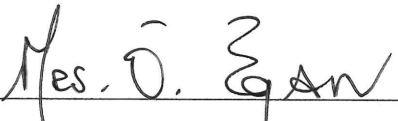
- To support in-school initiatives.
- To ensure policy is developed, implemented and evaluated /reviewed.
- To approve and ratify policy.

Ratification of Policy

This policy was adopted by the Board of Management on 07.03.2019

Signed: 

Chairperson of Board of Management

Signed: 

Principal

Date: 7.03.2019

Date: 7.03.2019