

GAELSCOIL CHARRAIG UÍ LEIGHIN

Healthy Eating Policy

It is the policy of Gaelscoil Charraig Uí Leighin that pupils will be educated in the principles of healthy eating and encouraged to pursue healthy eating habits in their daily lives. We approach this policy with the understanding that ultimately children's appetites and tastes differ and it is a parent's responsibility to ensure that his/her child eats healthily at all times, including during the school day. We encourage children to become more aware of the need for healthy food in their lunch boxes. This is part of our Social, Personal and Health Education SPHE Programme.

Mission Statement

Our mission is to educate children about nutrition and promote the kind of life-long healthy eating that sustains good physical and mental health.

Objectives and Aims:

The aims of our Healthy Eating Policy are to

- to help children improve concentration, learning and energy levels
- to support parents and children to make healthy decisions around food
- to develop nutritional awareness i.e. ingredients in food
- to develop an understanding of the importance of healthy food
- to ensure that children develop good habits which will benefit them through life

Food Education and Healthy Eating Habits

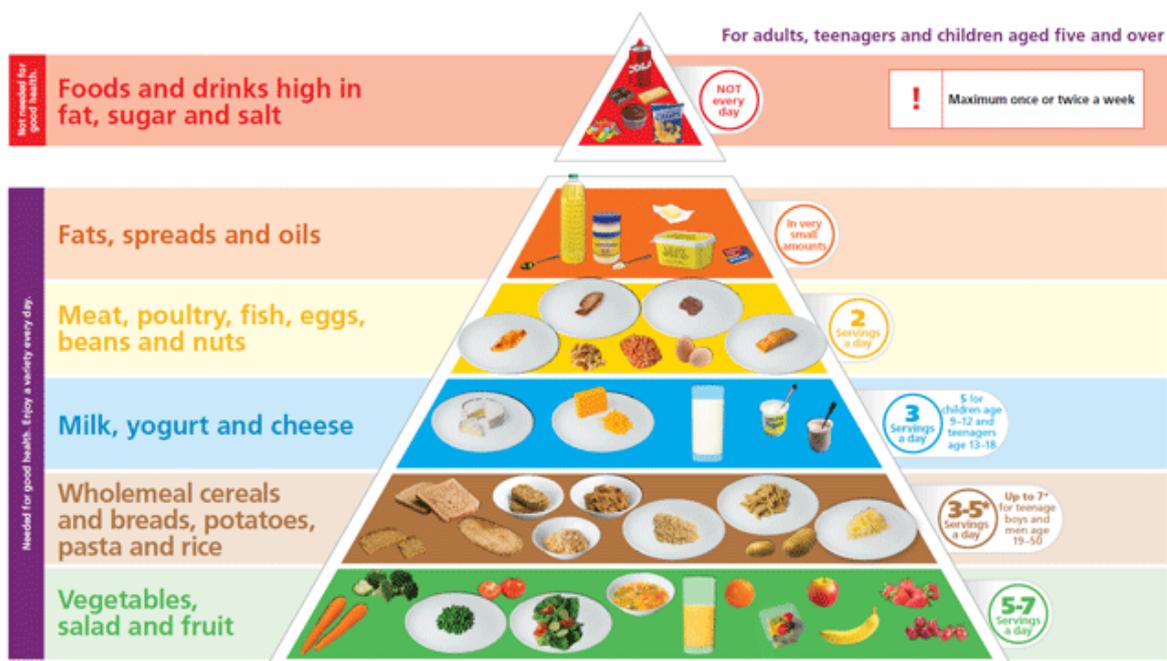
In the course of studying the science and SPHE curriculum children will be exploring

- The food groups
- The consequences of a poor diet
- The Food Pyramid

All children are encouraged to eat balanced and proportionate meals at all times including those meals eaten while in school.

The Food Pyramid

The Food Pyramid outlines a common sense approach to healthy and balanced eating. All children's lunches should contain a majority of items from the three lower food groups. Fluid intake is very important and children should be encouraged to drink water. In Gaelscoil Charraig Uí Leighin two lunch breaks are time-tabled in the school day.



School Lunches

It is the policy of the school that healthy lunches should be encouraged in all classes. A healthy lunchbox is one which includes a portion of food from each of the bottom shelves of the Food Pyramid eg. a healthy sandwich, fruit, chopped vegetables, yogurt etc. Fizzy drinks, sweets, chocolate and crisps are not permitted during the school week and **children and parents are not allowed to share or distribute sweets within the school.**

Nut Free School

A number of children have severe nut allergies in our school and therefore we ask that your child does not bring nuts or any nut-based products eg. Nutella to school.

Activities to Promote Healthy Eating

To help highlight awareness of healthy school lunches the following will take place:

- A poster of the Food Pyramid will be displayed in classrooms and will be referred to regularly during the school year by the teachers.
- At the beginning of each school term teachers and pupils will discuss healthy eating.
- Parents are advised to be sensible in their approach to food and to encourage them to teach their children lifelong positive attitudes towards food.
- Parents may be offered the opportunity to attend a healthy eating information evening facilitated by a dietician.
- At times, it will be possible for some of the children to taste produce from our school garden, to encourage them to make the connection between farming produce and healthy eating
- Parents/Guardians of any child with a medical condition/food allergy which may require a special or restricted diet should contact the school.
- All our pupils participate in our annual Lá Folláin, healthy eating day. An Coiste Cairde, Cumann na d'Tuismitheoirí (Parents Association) hold an annual "Healthy Eating Day" for all pupils in the school. This event has proven to be very positive in the past. The children have the opportunity to sample a wide variety of foods and drinks and are encouraged to try different foods that they may not be familiar with. Parents work together cutting fruit and vegetables and offering samples of different types of bread, soups, smoothies etc.
- Throughout the year, any visiting sport stars to the school are asked to highlight the importance of healthy eating.
- In the information booklet supplied to all our parents at the beginning of their time in our school, we emphasise the value and importance of food and training the children into being discerning about what they put in their lunchboxes and ultimately into their bodies. It is hoped that training and education in this area will develop into lifelong habits of healthy eating and a focus on maintaining a healthy body and mind.

Promotion of Policy

Parents and staff will promote the policy throughout the school year.

This policy was ratified by the Board of Management in September 2010, amended in June 2016 and was reviewed again in January 2020, after consultation with the Coiste Cairde and staff.

Sínithe ag _____

Dáta _____

Cathaoirleach an Bhoird Bainistíochta