



**Cloontuskert N.S.
Cloontuskert,
Lanesborough,
Co. Roscommon.
N39 AT80.
Roll No. 18116S**

Healthy Eating Policy

Drafted: May 2024

Ratified:

Cloontuskert National School

Healthy Eating Policy

Introduction

Our Healthy Eating Policy outlines how we as a school support healthy eating practices through the promotion of healthy snacks and healthy lunches and how we help our pupils to gain a greater understanding of the importance of balanced nutrition.

Cloontuskert N.S. is committed to facilitating our pupils' development of skills and attitudes to allow them to make informed decisions about their food intake. As a school, we believe that key adults in their lives, namely parents/guardians and school staff, should be good role models and support them in understanding how balanced nutrition contributes to a person's health, happiness and general wellbeing.

Our whole school approach to promoting healthy eating will actively involve teachers, parents/guardians and children to ensure that healthy eating messages are part of every aspect of school life. Our pupils will receive consistent messages regarding healthy eating, both at home and at school.

Aims of Our Healthy Eating Policy

The aims of our healthy eating policy are:

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefit of a healthy well-balanced diet
- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives
- To raise levels of concentration within class through the consumption of healthy food
- To provide members of staff, parents/guardians and those involved in school activities with clear information.

Benefits of a Good Diet

A good diet:

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration
- Strengthens the immune system.

School Actions which Support Our Healthy Eating Policy

As a school, we will implement the following actions to support our Healthy Eating Policy:

- SPHE lessons on healthy eating will be planned and implemented across all year groups at the same time each year.
- Cloontuskert National School is a FOOD DUDES school. We promote the inclusion of one serving of fresh fruit and one serving of raw vegetables in each child's lunchbox every day.
- The School Lunch Provider will be invited into the school to show pupils samples of the range of foods available and provide opportunities to taste the different foods.
- Class teachers will discuss the School Lunch Provider's menu and all options available to them. Class teachers will discuss the healthier choices with their classes.
- The School Lunch Provider will adhere to the required Healthy Ireland Nutrition Standards for School Meals.

Break/Lunchtime Guidelines

In order to promote the health and safety of all children in the school and prevent the spread of infection, guidelines for eating at lunch and break times are necessary.

- Pupils should not share their food or drink.
- Pupils should not share food utensils or drinks containers.
- Pupils should eat their food at their own table.
- Any uneaten food should go back into the pupil's lunch box. This will help the parent/guardian to be aware of what their child is actually eating.
- All recycling/rubbish should be taken home.
- All pupils should bring a refillable water bottle to school every day. Pupils will be allowed access to water throughout the school day and can refill their bottles when needed.

Being a DEIS school, every child in Cloontuskert N.S. has access to a free school lunch. This lunch is provided by an external Lunch Provider. Parents/guardians and children can choose their lunch menu online. Lunch menus are set up to encourage variety. If pupils are availing of this lunch scheme, they only need to bring a small healthy snack for first break. Hot food is served before second break. Uneaten food is brought home in the lunch box provided by our hot food supplier. Children who do not avail of hot food bring in their own healthy lunches.

Healthy Lunch Options

We encourage children to choose from the following foods regularly;

- Bread/scones
- Pitta bread
- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, peanut butter, salad
- Pure fruit juice
- Yoghurt drinks
- Milk
- Water
- Soup

Treat Foods

We recommend foods such as:

- Fresh fruit
- Raisins
- Yogurt or Yoghurt drinks
- Wholegrain/ Digestive biscuits

Foods not allowed in school

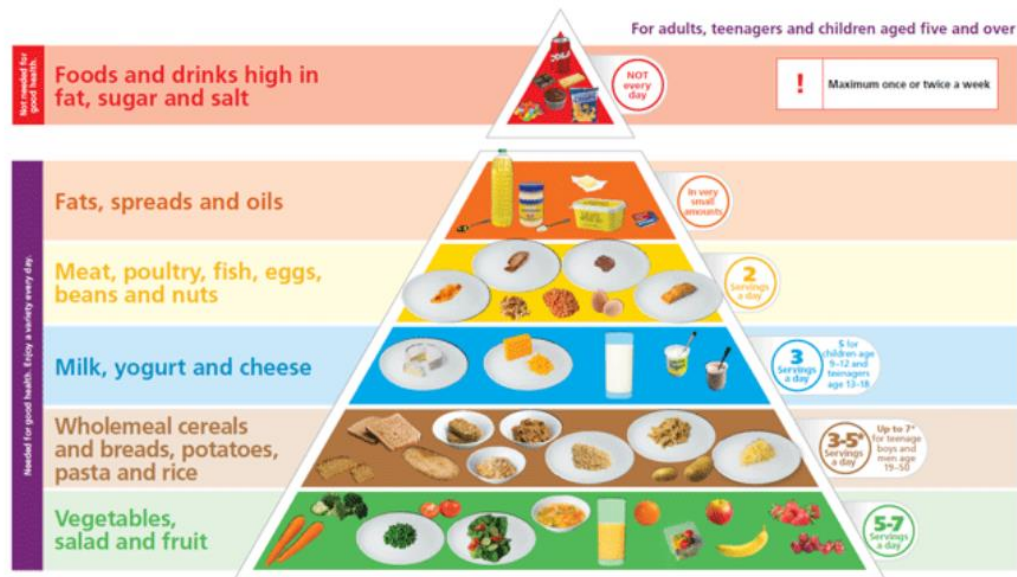
- Crisps
- Fizzy drinks/Sparkling Water
KrispieBars
- Sweets
- Chocolate biscuits/bars (including cereal bars)
- Chocolate yoghurts
- Chocolate spread
- Nuts, Egg, Peanut Butter (Due to allergies)

Foods that are best avoided in lunch boxes:

- * Lunchables
- * Sugary cereal bars e.g Rice
- * Frubes/other sugary yoghurts
- * 'Fruit' roll ups
- * Cheesestrings/dippers
- * Chocolate rice cakes

Exceptions apply on occasions of celebrations, the days the school closes for holidays, school tours etc.

A very simple approach to healthy eating is to use the Food Pyramid:
(courtesy of www.safefood.ie)



Implementation

If a pupil brings prohibited food or drink to school, they will be asked by the teacher to bring it home at the end of the school day, as such foods are not allowed. If the pupil does not have anything else to eat, the teacher will deal with the matter at his/her discretion. If a pupil persists in bringing unhealthy food to school, the teacher will organise a meeting with the child's parent/guardian to remind them of Cloontuskert National School's Healthy Eating Policy. School staff will consistently implement the Healthy Eating Policy to ensure that it is adhered to.

Allergies

If a child has a serious food allergy, the parents/guardians must notify the school and provide a doctor's report stating the implications of the allergy, listing the foods to be avoided and the steps to be taken if exposed to the allergen.

Monitoring & Evaluation

The implementation of this Healthy Eating Policy will be monitored by the Principal, staff and Board of Management. It will be reviewed and evaluated at regular intervals, including through formal and informal feedback from parents/guardians, pupils, staff and others. The policy will be revised as necessary in the light of such review and evaluation.

Ratification & Communication

This policy will be presented at the next BOM meeting for ratification and will be subsequently communicated to the relevant parties.

Signed; _____ Signed; _____
(Chairperson of B.O.M) (Principal)

Date; _____

