

Healthy Eating Policy Patrician Primary School



As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting personal development and a healthy lifestyle.

By encouraging healthy eating patterns we educate children for later life.

Healthy eating is also part of our Green Schools Programme.

Objectives:

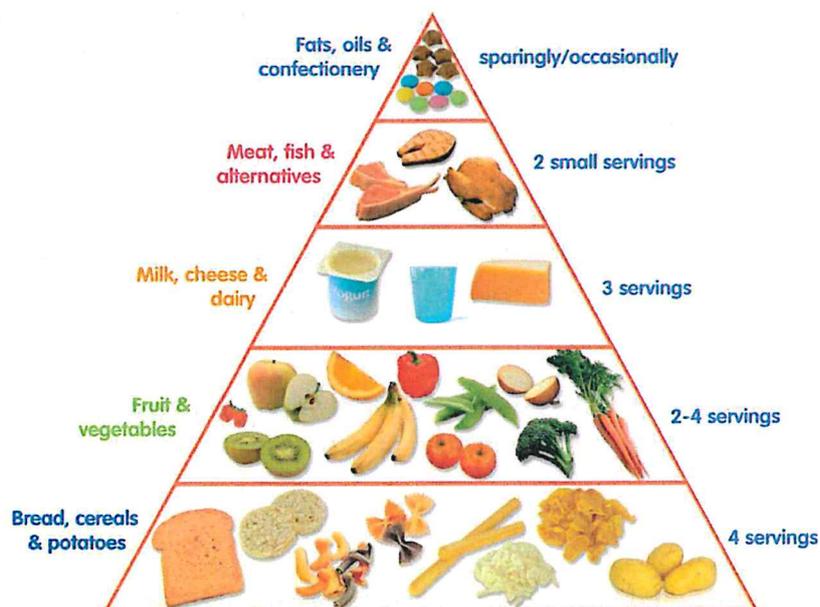
The objectives of this policy are to enable the child to;

- appreciate the importance of good nutrition for growth, development and good health.
- accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Healthy Lunch Options:

The following *Food Pyramid* guide is designed to help in choosing a quick, appetising, and nutritious lunch.

Food Pyramid – Daily Servings



WATER IS THE ONLY COLD DRINK ALLOWED IN SCHOOL

During periods of cold weather, hot drinks are allowed. These should be in a screw top flask.

Foods not allowed in school at all:

- Nuts of any kind
 - e.g. peanuts, cashews etc. or
 - foods that contain nuts (e.g. peanut butter, Snickers bars etc)
- Fizzy drinks
- Sweets
- Chewing gum
- Lollipops
- Crisps
- Pre-packed lunch kits
- Fruit Winders
- Popcorn
- Frubes

Foods only allowed in school for Friday treats or on special occasions:

- Treat size chocolate biscuits/bars,
- Small buns
- Small cakes
- Small pastries

Exemptions:

- Children may be allowed a **small** treat on Friday. (See suggestions above.)
- Children may be allowed to have a treat day at end of term parties. Food permitted on these days is at teachers' discretion.
- Teachers may give children a sweet treat on occasion, in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats will be used prudently by teachers will not interfere with the health of the children.
- The key message to our healthy eating policy is that *treats should be eaten in moderation*. A small chocolate bar is a lovely Friday treat. Family-sharing size bars of chocolate are never a good idea to bring to school.

Note on yoghurts:

Yoghurts are obviously an important part of some children's calcium intake. However, some yoghurts can also be full of sugar. We would ask that yoghurts brought to school are healthy ones and low in sugar

Note on birthday cakes etc.

Unfortunately we cannot accept cakes sent in to share with a whole-class for a birthday etc as it poses too high a risk for allergies etc. Pupils may of course bring a small slice of their own birthday cake on special occasions.

Food Hygiene and Safety

Every pupil in the school should have a lunchbox with his/her name on it.
Water bottles are to be taken home and washed daily.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children.
- Encourage healthy eating.
- Inform the school of any child's special dietary needs.
- To co-operate with school's Healthy Eating Policy.

Role of Children:

- To eat their lunch.
- To bring home any and all uneaten lunch/packaging.
- To help make their lunches and remind parents of the Healthy Eating Policy.
- Not to bring chewing gum, crisps, chocolate bars or sweets to school (apart from exceptional days, as noted above).

Role of School:

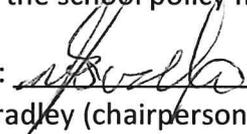
- To promote and encourage healthy eating.
- If children bring prohibited foods to school they will not be allowed to eat them while in school. In this situation, the children will be asked to put the prohibited food back into their lunchbox and bring it home.
- If children have these foods and no other alternatives or no food at all for their lunch, then a lunch will be provided by the school for these children.

Implementation:

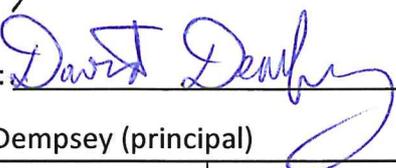
This policy will was originally implemented from 1st September 2011 and reviewed in October 2022. As part of the Social Personal and Health Education curriculum, reasons for healthy eating will be discussed with the children regularly by staff.

Communication, Ratification and Review:

This policy was made in consultation with staff, parent association members and the Board of Management. It will be shared with the general parent body each September. It will be reviewed as part of the school policy five-year plan or earlier if necessary.

Signed: 
Niall Bradley (chairperson)

date: 17-10-22

Signed: 
David Dempsey (principal)

date: 17-10-22

Document Name	PPS Policy on Healthy Eating	
Version Reference	1.3	
Document Owner	David Dempsey	
Approved by		
Date	17/10/2022	

