



**St. Ita's and St. Joseph's
Primary and Post-Primary School**

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at St. Ita's and St. Joseph's School we encourage the children to become more aware of the need for healthy food in their daily lives. What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we introduced a healthy eating policy.

Aims

- To promote the personal development and well-being of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage). A full three course meal is available for each pupil at lunch time in our school. For parents who choose to send a packed lunch as an alternative we advise them to encourage their child to eat a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

Bread & Alternatives Savouries

Bread or rolls, (preferably wholemeal) with lean meat

Rice (wholegrain) with chicken/turkey

Pasta (wholegrain) with tinned fish e.g. tuna/sardines

Potato salad and cheese

Wholemeal scones or quiche

Bread sticks or pizza

Crackers

Pitta bread

Fruit & Vegetables Drinks

Apples, Banana, Peach, Milk

Mandarins, Orange segments, Fruit juices

Fruit Salad, dried fruit, low sugar Squashes

Plum, Pineapple cubes, Grapes

Yoghurt

Cucumber, Sweetcorn, Tomato,

Coleslaw.

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars

- Chewing gum
- Fruit winders
- Popcorn

In order to take a proactive approach to healthy lunches, teachers will from time to time, acknowledge children who can show a piece of fruit or other healthy foods in their lunchboxes.

A very simple approach to healthy eating is to use the Food Pyramid:

Sparingly
Fats, Sugar, Sweets

2 Portions per day
Meat, Fish, Peas, Beans

3+ Portions per day
Milk, Cheese, Yogurt

4+ Portions per day
Fruit and vegetables

6+ Portions per day
Bread, Cereals, Potatoes

Green Flag School

Our green school motto is:

‘Floating like butterflies, working like bees, the greenest school in Ireland in the Vale of Tralee’.

With this in mind, children are also asked to:

- Take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- Put only fruit peel into the compost bins
- Not bring in cans and glass – for safety reasons.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

Equality

During the Equality Review in our school it was recommended that we should include the following in all our school policies and plans in the future:

Our school will not discriminate on any of the nine grounds named in the Equal Status Act and any processes and procedures will not be applied in a discriminatory way. The school is committed to positive action for those who are disadvantaged or who need assistance that others do not need and the school should be alerted to the fact that support is needed so it can be put in place. Discrimination under the nine grounds or harassment including sexual harassment is prohibited in our school.

Ratification and Communication

This policy was ratified by the Board of Management the 04/04/2019. It will be reviewed as necessary on a continual basis and available for the whole school community on our website.