



Healthy Eating Policy

Current

Introductory Statement

This policy was first drafted in October 2018 by the whole school community, involving Board of Management, Parents and the of St. Ultán's Primary School, in accordance with the provisions of the Education Act 1998, Rules and Regulations of the Department of Education and Science and the C.P.S.M.A. (Catholic Primary School Management Association) to ensure that life for everybody in school is safe, happy and relaxed yet well-ordered and disciplined.

Context for Policy

The Department of Education circular 'Promotion of Healthy Lifestyles in Primary Schools' (Circular 0013/2016) focuses on the importance of healthy eating and physical activity. The 'Health Promoting Schools' (HPS) initiative (Link 2 on last page) is led by the HSE and the Department of Health, with the support of the Department of Education and Skills. 'Health' in this context includes physical wellbeing but also focuses on pupils' emotional and psychological wellbeing.

Healthy Ireland released Nutrition Standards for School Meals in 2016 which outline the nutritional standards that schools must be adhere to. More information available at <http://www.welfare.ie/en/downloads/NutritionalStandardsForSchoolMeals.pdf>

Aims and Objectives

The aims of our policy are:

- To make the "healthier choice the easier choice"
- To promote nutritional awareness e.g. looking at the ingredients in food, what food is good or bad
- To positively enable healthy eating among school-age children
- To raise levels of concentration and energy within class through the consumption of healthy food.
- To support and encourage healthy eating habits in children which it is hoped will become lifelong eating habits
- To provide members of staff, parents and those involved in school activities with clear information
- To protect the health and safety of children with serious food allergies
- To support the school's environmental policy in insisting on reusable containers, minimum use of wrappers etc.



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Healthy Eating Weeks

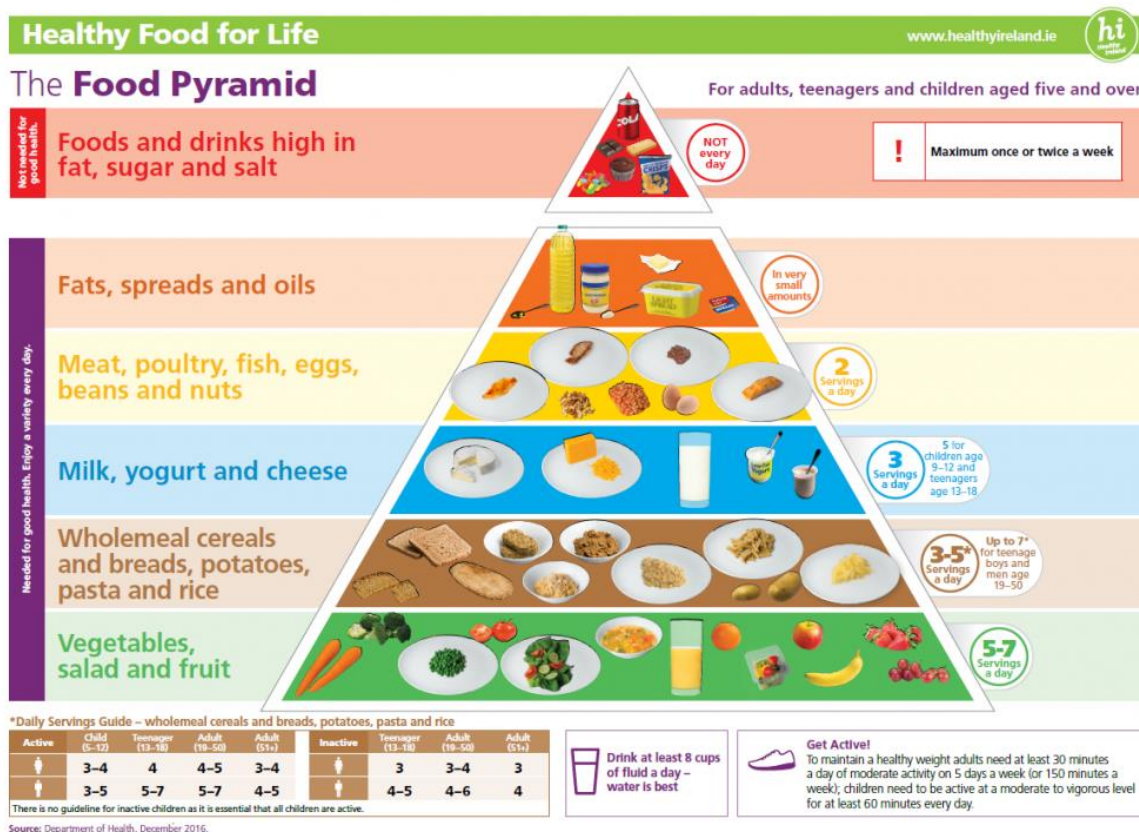
There will be a focus on Healthy Eating when Active Schools Week and SPHE month is taking place in school as healthy eating has a natural link with these areas. The healthy eating coordinator is to link up with the coordinators of the other events to organise and run.

Education and Healthy Eating

Healthy Eating is part of the SPHE Curriculum and will be taught in line with the current programmes in operation in the school.

Canteen

The canteen will follow the guidelines standards for Nutrition for School Meals as outlined by Healthy Ireland. The canteen staff will ensure the guidelines outlined in the food pyramid are adhered to.



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. Children will receive a carton of milk at lunchtime. Children will be provided with a knife and fork at lunchtime and encouraged by staff to show appropriate table manners and etiquette.



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Exemptions

Any parent or guardian wishing their child to be exempt from the hot lunches provided by the school canteen should contact the school office and a meeting with their class teacher or another member of staff will be arranged, where best arrangements will be made. Supporting evidence for exemptions may be requested by the school at this time.

If children bring their own lunch to school, it must follow the guidelines from the food pyramid. More information available at <https://www.safefood.eu/Publications/Consumer-info/Healthy-lunchboxes.aspx>. Staff have permission to remove non-healthy items from a child's lunch and they will return the food at the end of the school day. This may be followed up with a reminder to parent/guardian about the healthy eating policy.

Allergies

Parents of children with allergies need to notify the school and supply medical conditions and a doctor's note outlining their child's allergies. The school will try their best to accommodate the children with allergies with snacks and food choices. (See exemptions for more information on lunches from home if required).

Snacks & Water Bottles

Children will receive a water bottle at the start of the year which they will use to consume water. Children are not required to bring their snacks to school (See Exemptions). Children will receive two healthy snacks per day. There will be selection of snacks available. The Healthy Eating Coordinator will evaluate the snacks each term and make changes if necessary. More information on the snacks available at <http://www.glanmorefoods.ie/snack-options.html>.

Birthday Cakes

Birthday cakes will not be permitted for sharing at school as students with a wide range of moderate, severe, or life threatening allergies to various nuts, milk products, wheat, soy, strawberries, kiwi and much more may be part of the school's Learning Communities. It is exceedingly difficult to verify the ingredients in every food product that is brought to school. All care will be taken to include children in different events during the year such as the Annual cake sale.



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Sweets and Treats in School

Treats will be allowed in school on the last day of every term, special occasions and at the principal's discretion. Treats will not be given as rewards. On school tour days, children are allowed bring some sweets/ treats of their own. This is up to the class teachers' discretion.

Breakfast Club

Breakfast club will adhere to the same healthy eating guidelines as outlined in Nutrition Standards for School Meals (2016). The healthy eating coordinator will be notified of any problems arising.

Nut Free Campus

The campus will discourage students and adults from bringing nut products into school and every care will be taken to ensure they are not taken onto campus. Special consideration will be taken by classes where children have allergies. More information available at: <http://ifan.ie/childcare-schools/> .

Roles and Responsibilities

- Children have a responsibility to eat their own lunch, and not to share or trade food or drink with others
- Teachers have a responsibility to provide a good example through their own healthy eating habits
- The whole school community- staff, parents/guardians, children –will work together to promote the progress of this policy.
- All are encouraged to discuss and provide feedback on its performance which will be reported back as appropriate to the Principal and staff
- The Principal is responsible for ensuring the policy is implemented
- The overall performance of the policy will be regularly monitored and evaluated by the BoM