



Healthy Eating Policy

Rationale

This policy has been developed to further the promotion of health in CBS Primary School, Wexford. Research indicates a strong link between diet and performance. A healthy diet promotes concentration, protects teeth, lessens hyperactivity and reduces health risks later in life. This policy intends to encourage children to get into good dietary habits. Children grow and develop at a fast rate. Therefore they need a high quality diet which contains adequate energy, proteins, vitamins, minerals and fibre.

Recent research has highlighted disturbing trends, including an increase in childhood obesity and diabetes so therefore our policy and guidelines are both timely and critical for the health and development of children.

Aims

The focus of this policy is to support parents in encouraging their children to develop healthy eating habits at an early age

- to make the "healthier choice the easier choice."
- to promote nutritional awareness e.g. Looking at the ingredients in food - what is good or bad.
- to positively encourage healthy eating among school children.
- to raise levels of concentration and energy within class through the consumption of healthy food.
- to promote lifelong healthy eating habits.
- to protect the health and safety of children with serious food allergies.

Daily Lunches

Healthy Snack: Fruit, cheese, vegetable sticks and fruit yoghurt. Snacks such as sweets, biscuits, cakes, buns, chocolate and sugar cereal bars are **not permitted from Monday to Thursday**.

Main Lunch: Sandwich, rolls, crackers, pittas etc, with a variety of healthy fillings, pasta, rice or soup. It is widely acknowledged that wholegrain cereals combined with a protein source are the best combination to provide constant flow of fuel to the body and brain.

Drinks: Water is the ideal drink.

A single treat is allowed on Fridays. Please note that this should be **treat size**.

Chewing gum, fizzy drinks, sports drinks and crisps are never allowed in the school.

Roles and Responsibilities

Parents

- Inform the school of any medical condition/food allergy which requires a special diet
- Provide a healthy well-balanced appropriately-sized lunch for children.
- Encourage healthy eating
- Support the school's Healthy Eating Policy by not allowing their children bring chewing gum, crisps or fizzy drinks to school.
- Open difficult packaging and fruit prior to school for Junior classes.
- Avoid convenience snacks that are deliberately marketed at children e.g., Yollie Pops, Lunchables, Dunkers etc.

Children

- Eat the lunch provided and bring home any uneaten lunch.
- Remind parents of the Healthy Eating Policy.
- Adhere to this Healthy Eating Policy.

School

- School staff will provide supportive attitudes to encourage healthy eating.
- In the context of our Social, Personal and Health Education programme, all classes will receive at least one lesson per term on nutrition and healthy lifestyle.
- We will hold a Healthy Eating Awareness week annually with an information evening offered to all parents/guardians.
- The Healthy Eating policy will be reviewed as the need arises.

This policy was ratified by the Board of Management on 10th May 2017.

Chairperson

Principal