



## Healthy Eating/ School Lunch Policy

### Introductory Statement

This policy was drawn up in consultation with the staff, parents and Board of Management of St. John the Apostle, Knocknacarra NS.

### Rationale

This policy was drawn up in order to ensure that the children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. A healthy lunch will help the child's concentration during school time. By encouraging healthy eating patterns, we educate children for later life. This policy sets our guidelines for parents in preparing healthy lunches for their children.

### Aims

By developing this policy this school aims to

- o To raise awareness of the benefits of healthy eating and drinking
- o To ensure consistency in terms of health lunches throughout the school
- o To develop lifelong healthy eating habits

### Guidelines

- Parents are advised when enrolling their child in this school that only healthy foods and water or milk are permitted for school lunches
- Some guidance and suggestions are included in our Welcome Booklet and website
- Each year *The Healthy Food Pyramid* will be referred to regularly in class by the teachers.
- **The following policy summary is included in all welcome booklets, on our website's Welcome Page and in the centre pages of our Homework Notebook**

We operate a Healthy Eating Policy in Knocknacarra NS.

Fizzy drinks and fruit juices not allowed: milk and water only

The 4Cs are not allowed: Chewing gum, Crisps, Chocolate Bars and Candy.

In order to promote Healthy teeth children drink only water or milk with their lunch.

Please mark your child's name on the outside of his/her lunch box.

Knocknacarra NS is a Green School, and we create a little waste as possible. Children are requested to take home all used lunch wrappers, cartons, crusts etc. in their lunch box.

This can be a useful indicator for you to know how much your child has eaten at snack times.

### Reference to other policies and/or plans:

This policy will link to the school's SPHE policy and also to the SESE policy with reference to our school's Organic Garden, where the children learn the benefits of safely growing fruit and vegetables, as an incentive to encourage interest healthy eating. This Healthy eating and drinking school policy supports class-work on promotion of dental health and hygiene.

### Success Criteria

Identify some practical indicators of the success of the policy

- o Positive feedback from teachers, parents, pupils in relation to the development of healthy eating habits
- o Observation of children eating healthy lunches daily
- o Improved report from school dentist – decrease in incidence of tooth decay

### Roles and Responsibility

#### Parents:

- To provide a healthy well-balanced lunch for children
- To encourage healthy eating and drinking
- To inform the school of any child's special dietary needs or of a child's allergies.
- To support school policy by not allowing their children to bring chewing gum, crisps, chocolate bars/ foods containing chocolate, fizzy drinks or sweets to school

#### Children:

- To eat their lunch
- To bring home any uneaten lunch
- To bring fruit and vegetables for lunch as much as possible
- To help make their lunches and remind parents of the Healthy Lunch Policy, remind parents that they should only drink water or milk at school
- Not to bring chewing gum, crisps, chocolate bars, sweets or fizzy drinks to school

#### Principal & Teachers:

- To help children understand the benefits of healthy eating and drinking
- To promote and encourage healthy eating and drinking
- If children bring chewing gum, crisps, chocolate bars, sweets or fizzy drinks to school they will not be allowed to have them while in school.
- To remind staff to encourage children to include fruit and vegetables in their lunches
- To check that lunches are being eaten and that children's lunches are sufficient and healthy to support their healthy growth and development

#### Board of Management

- To support the implementation of this Healthy Eating policy and encourage uptake of any Healthy Eating initiatives

### Ratification & Communication

*This policy was ratified by the Board of Management of St. John the Apostle, Knocknacarra NS on May 18th 2021 and subsequently communicated to the school community via the school's website*