

# Healthy Eating Policy

## Introduction

This Healthy Eating Policy was formulated by the staff of Kill o' the Grange National School for the benefit of the health of the children in our care in tune with the Department of Health recommendations.

## Our Objectives

- To promote a whole school approach to healthy eating.
- To encourage pupils to eat a well-balanced diet.
- To strengthen links between school and home.
- To benefit pupil learning.

## Our Healthy Eating Standards

- All pupils are encouraged to eat a healthy, well balanced diet.
- Pupils are encouraged to bring a healthy, nutritious lunch to school which they are allowed to eat during lunch breaks (small break: 15mins from 10.30am; big break: 30 mins from 12.15). This can be in the school yard or in class depending on weather
- Lunches may include sandwiches / rolls / wraps /crackers, fruit, vegetables, popcorn (unsweetened), yoghurt, salad, pasta or rice salad and water, natural fruit juices or milk to drink.
- Lunches should not contain scalding hot food or liquids however “warmed” food such as pasta or soup in kid friendly containers is allowed. There are no facilities to heat food.
- The following items **are not allowed Mon to Thurs**, chocolate, sweets, biscuits, bars, crisps, sweetened popcorn, or cakes.
- One small treat only may be given to children on Fridays along with a healthy lunch.
- **Fizzy drinks, lollipops or chewing gum** are **not** allowed in school under any circumstances.
- **Nuts or products with nuts** are not allowed in the school to protect those children with nut allergies

## Roles and Responsibilities

The Board of Management through the Principal has overall responsibility for this policy.

### Teachers

- The class teacher encourages class to eat healthily through lessons in S.P.H.E, and S.E.S.E. and to bring healthy lunches to school.
- The class teacher may send home any items that are not allowed under this policy.

### Parents/guardians

- It is the responsibility of Parents/Guardians to provide a healthy nutritious lunch for their child/children.
- Parents are directed to the school website for all school policies with reminder emails sent throughout the year

#### Pupils

- It is the pupil's responsibility, under the guidance of parents/guardians to bring a healthy lunch to school.

#### P.T.A.

- The subsidised milk scheme will be organised by the P.T.A.

#### **Ratification and Review**

This policy was last reviewed (and updated as required) and approved by the Board in May 2019 and will be reviewed regularly.