



Parteen National School

Parteen

Co. Clare

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Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, Parteen National School has reviewed the Healthy Eating Policy in consultation with staff, the Parents Association and the full parent body.

The importance of healthy eating is common knowledge. There is much public discussion about healthy eating, the dangers of too much sugar etc. More information can be found on www.healthyyireland.ie

Parents report that they have difficulty providing healthy lunches to children when other children in the class have treats. Teachers report it very difficult to promote healthy eating when children have treats.

The aims of this policy are:

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.
3. To provide a consistent and clear approach to healthy eating in the school.

The objectives of this policy are:

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.

Healthy Lunches

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

Bread & Alternatives

Bread or rolls, preferably whole meal
Rice – wholegrain
Pasta – wholegrain
tuna/sardines
Potato Salad

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g.
Cheese

Wholemeal Scones
Bread sticks
Crackers
Pitta bread
Rice Cakes

Quiche

Healthy home baking is allowed.

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments,
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes,
Cucumber, Sweetcorn
Tomato,
Coleslaw.

Drinks

Milk
Fruit juice
Water
Yoghurt

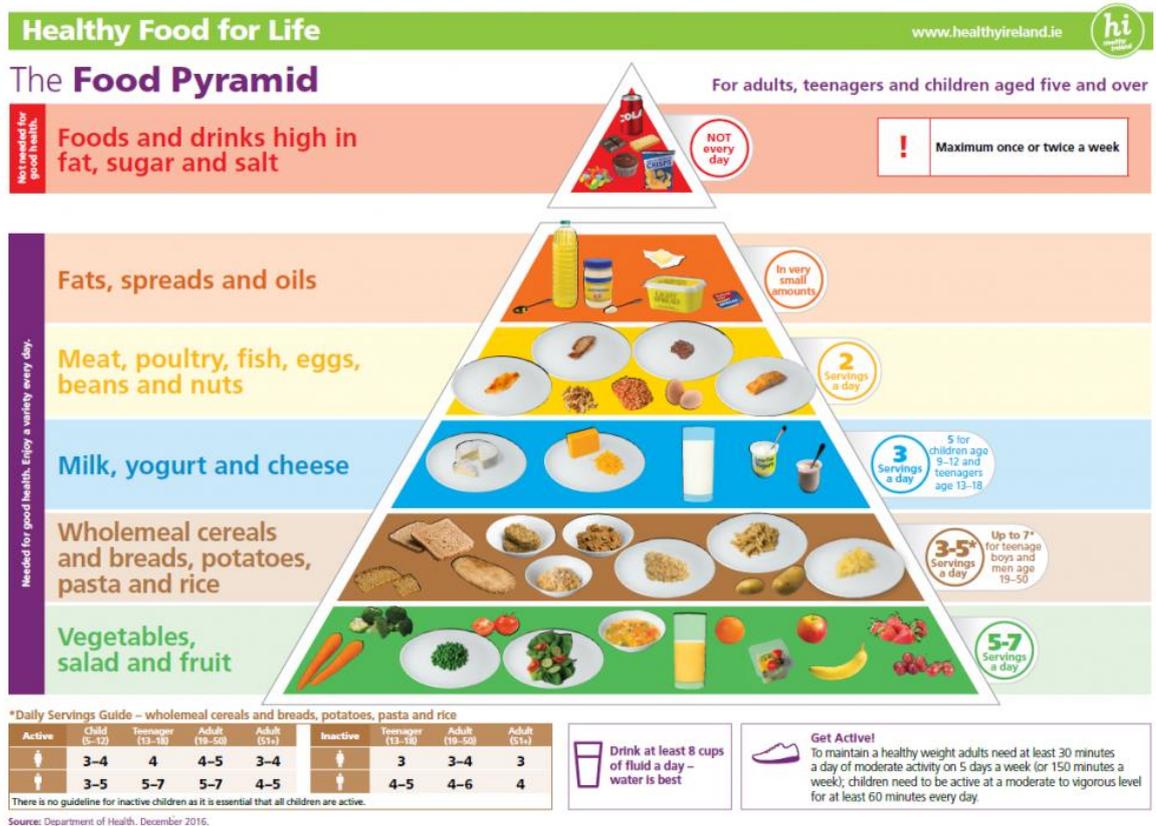
We ask that children do not bring the following to school:

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)
- Energy drinks
- Sweets
- Bars and biscuits
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn (choking hazard)
- Lollipops
- Chocolate 'yogurts'

If children come to school with these food products parents will be sent a copy of this policy home as a reminder. An assessment will be made by the teacher should they ask the child to put the treat away and have it at home, **taking into account if they have a full lunch and their age.**

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



Food Pyramid for a five year old boy:

http://www.healthyireland.ie/wp-content/uploads/2016/12/M9737-DEPARTMENT-OF-HEALTH_Daily-Food-Guide_Screen_Jakub_Age-5.pdf

Food Pyramid for a ten year old girls:

http://www.healthyireland.ie/wp-content/uploads/2016/12/M9737-DEPARTMENT-OF-HEALTH_Daily-Food-Guide_Screen_Niamh_Age-10.pdf

Treat Day

On treat days such as end of term or special occasions, a treat can be sent in with the children. Treats may also be given as occasional rewards to a class.

Special Requirements

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

Ratified by the BOM on 7/12/17. Policy implementation date 8/1/18

Seamus Gallgher
Chairperson