**St. Andrew’s N.S.**

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**Healthy Eating**

**Policy**

**Reviewed on 8th of June 2020**

**St. Andrew’s N.S. Healthy Eating Policy**

**Introductory Statement**

This policy was developed by the staff of St. Andrew’s N.S. on 8th of June 2020.

**Introduction**

St. Andrew’s N.S. aims to help all those involved in our school community, children, staff and parents, to develop positive attitudes to eating and healthy living. As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children’s understanding of how the body grows and develops.

St. Andrew’s NS aims to have a clear set of guidelines concerning Healthy Eating on the premises of the school. This policy is intended to encourage our pupils to develop good dietary habits. Our Healthy Eating Policy helps to promote the health of each child and to provide a foundation for healthy living.

**Aims**

* To promote the personal development and well-being of the child
* To promote the health of the child and provide a foundation for healthy living in all its aspects.
* To promote nutritional awareness e.g. looking at the ingredients in food
* To support and encourage healthy eating habits in children which it is hoped will become lifelong habits
* To protect the health and safety of children with serious food allergies
* To provide members of staff, parents and those involved in school activities with clear information
* To support the school’s environmental policy in insisting on recycling

**Objectives**

* To educate the children of the importance of good nutrition for growing and developing and staying healthy
* To educate children of the importance of a Balanced Diet.
* To teach children about the reformed Healthy Eating Food Pyramid (Healthy Ireland)
* To empower the children to make educated food choices.
* To promote healthy lunches.
* To work in close collaboration with various agencies and Government sponsored organisations in order to develop children’s awareness of food.
* To ensure each room in our school has a copy of the healthy eating food pyramid.
* To educate children about the effects of a poor diet on our body.
* To work to support parents in educating their children about healthy foods at home and at school.
* To enable the children to appreciate the importance of good nutrition for growing and developing and staying healthy.
* To enable the children to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

**What could be in a healthy lunch box?**

* Sandwiches or rolls with cheese, meat or other fillings.
* Pitta bread, crackers
* Fruit (peeled and chopped for small children)
* Raisins
* Vegetables (washed and chopped)
* Pasta
* Salad
* Small, plain biscuits (no chocolate)
* Yoghurt (easy to open)

**What should not be in a healthy lunch box?**

* Crisps, salted nuts or popcorn
* Chocolate, sweets, lollipops or jellies
* Chewing gum
* Cake, biscuits, pastries or doughnuts

**What drinks could we include in a healthy lunch?**

* Water
* Diluted drinks
* Milk

***As a Green School we encourage children to use reusable bottles in which to bring their drinks***

**What drinks are not be allowed?**

* Fizzy drinks
* Sugary drinks
* Drinks in cartons/pouches
* Hot drinks (in case we spill them)

**Birthdays**

Although birthdays are a special time, we ask that no birthday cakes or treats are brought in to school for children’s birthdays.

**Food allergies**

* If a child has a serious food allergy, parents/guardians must notify the school and provide a doctor’s report stating the implications of the allergy and listing the foods to be avoided.
* Parents will participate with staff in formulating an individual allergy management plan. This plan will identify how best to minimise the risk of an allergic reaction for the child, taking her/his age and class into account.
* The individual allergy management plan may result in precautions or class specific restrictions, in addition to those of not sharing food or containers, being put in place. They are called class specific restrictions, as they will only apply to the class in which there is a child with a life-threatening allergy.
* Where class specific restrictions are required, the parents/guardians of all children in the affected class will be informed by a letter explaining what the restrictions are and the reasons for them. These will be regularly reviewed and updated, and any changes will be communicated in writing.

**Green Flag School**

Children are requested to bring home all uneaten food, wrappings, containers and cartons in their lunch bags so that parents/guardians know what the child has eaten that day.

**Resources**

* NCCA: SPHE Curriculum: <https://www.curriculumonline.ie/Primary/Curriculum-Areas/Social-Personal-and-Health-Education-Curriculum/>
* NCCA: Science Curriculum: <https://www.curriculumonline.ie/Primary/Curriculum-Areas/Social-Environmental-and-Scientific-Education/Science/>
* Walk Tall Programme: <https://pdst.ie/walktall>
* RSE: <https://www.pdst.ie/primary/healthwellbeing/RSE>
* **HSE:** <https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/healthy-eating-policy-development-toolkit-for-primary-schools.pdf>
* **Healthy Ireland-** Healthy Ireland provide us with Healthy Eating Food Pyramids, Health Promoting posters and booklets. “Healthy Ireland is a Government-led initiative which aims to create an Irish society where everyone can enjoy **physical** and **mental health**, and where**wellbeing is valued** and supported at every level of society.” <https://www.gov.ie/en/campaigns/healthy-ireland/>
* **Bord Bia-** Bord Bia provide us with information booklets and posters regarding Healthy Eating and diets. <https://www.bordbia.ie/>
* **Safe Food Ireland-** Safe Food Ireland provide us with information Booklets regarding Safe food preparation and storage. <https://www.fsai.ie/>
* **Food Dudes:** In Ireland, the EU School Fruit and Vegetable Scheme is delivered through the Food Dudes Healthy Eating Programme. It works by changing children’s attitudes towards healthy eating, allowing them to cultivate a liking for fresh fruit and vegetables. Built and developed on three pillars of scientific merit, (1) repeated tastings, (2) rewards and (3) role modelling, Food Dudes has proven itself as an effective evidence-based school-based healthy eating programme. A teacher from St. Andrew’s attends Food Dudes training annually to keep up to date with the programme. <https://www.fooddudes.ie/>
* **Irish Food Allergy Network:** <http://ifan.ie/childcare-schools/>

**Roles and Responsibility**

* Parents/guardians have a responsibility to provide lunches which do not include any of the prohibited foods
* 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 overall performance of the policy will be regularly monitored and evaluated by the BoM

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Principal**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chairperson of the Board of Management**