

Healthy Eating

Introductory Statement:

As part of the Social, Personal and Health Education (SPHE) in Holy Family JNS we encourage the children to become aware of the need for healthy eating for a healthy life.

Aims:

1. To promote healthy eating habits in our school.
2. To promote the personal development and well-being of the child.
3. To promote the health of the child and provide a foundation for healthy living in all aspects.

Objectives:

1. To provide the child with healthy lunch choices daily.
2. To enable the child appreciate the importance of good nutrition for growth, development and well-being.
3. To enable the child accept some responsibility or making wise food choices and adopting a healthy, balanced diet.

Relationship to school ethos:

We consider healthy eating to be an integral part of the holistic development of the child. Health and well-being is conducive to teaching and learning – a provision that is central to the mission statement and ethos of the Holy Family School.

Healthy lunches are encouraged from the start and are provided by the company Fresh Today. Lunch is an important meal for school going children. It needs to provide one third of their recommended daily allowance of nutrients, to be low in fat, sugar and salt and provide adequate roughage. Fresh Today have an extensive and varied menu which ensures the children have access to many healthy options.

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

Snacks known to be high in sugar, salt, preservatives and additives including the following:

- Crisps (including crisp style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices etc)
- Sweets
- Chocolate bars/biscuits
- Cereal Bars
- Fruit Winders
- **Nuts or food containing nuts due to children with nut allergies attending the school.**

N.B. PARENTS/GUARDIANS OF ANY CHILD WITH A MEDICAL CONDITION WHICH NECESSITATES SPECIAL DIETARY PROVISIONS ARE ASKED TO CONTACT THE SCHOOL.

Chewing gum is banned on the school grounds.

Treat Days:

Occasionally a teacher may have a “celebration / treat / party day” in school. On this day the children will be told what food they may bring in.

Green Flag School:

We are a “Green School” and with this in mind, children are asked to:

- Take home all uneaten food, containers and yoghurt cartons.
- Use water bottles/containers that are reusable
- Recycle as much as possible

Communication of Healthy Eating Policy:

- All Parents are made aware of our healthy eating policy at the induction day for new Junior Infants in May and at the Junior Infant information night in October each year.
- All parents of Junior Infants are provided with a copy of our Healthy Eating Safe food Guide.
- Reminders of healthy eating advice is sent to parents during the school year as necessary.

Roles and Responsibilities:

All staff share in the co-ordination of this policy.

Evaluation:

This policy is monitored on an ongoing basis and amendments added as appropriate.

Review:

This policy was reviewed and updated in November 2022. A copy was sent to each teacher and is available to all staff.

This policy was discussed at the Parents Association Meeting November 15th 2022 and is available to all families.

This reviewed and updated policy was ratified by Holy Family Board of Management on

Signed: _____

Seán Dower

Chairperson BOM

Signed: _____

Michelle Briggs

Principal