

Toonagh National School

Healthy Eating Policy

Rationale:

To promote a policy for the whole school community, encouraging healthy eating. As part of The SPHE Programme in Toonagh N.S. we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims of our Healthy Eating Policy:

To promote the health of the child and provide a foundation for healthy living in all its aspects.

To make everybody in the school community, pupils, parents, teachers SNAs aware of the importance of healthy eating.

To enable children to appreciate the importance of good nutrition for growing and developing and staying healthy.

To enable children to accept some personal responsibility for making wise food choices and adopting a healthy and balanced diet.

To protect the environment by encouraging the use of recyclable containers and discouraging waste.

What can parents do?

Healthy eating begins at home so it is important that children are encouraged to eat a proper balanced diet.

Parents and children can discuss and plan healthy lunches together by consulting the food pyramid and lists of foods which can be part of a healthy lunch.

Parents should inform teachers of any food intolerance/allergies that their child may have.

Parents can encourage the use of reusable plastic bottles and lunch boxes to support environmental awareness.

Parents can encourage children to eat a piece of fruit each day.

What can teachers do?

Teachers can try to find alternative treats and rewards.

Teachers can organise events which promote healthy eating, eg. Art work, healthy messages and slogans.

Teachers can display the food pyramid in their classrooms and refer to it informally.

Teachers can give good example of healthy eating.

Teachers can encourage children to eat their lunch.

What can children do?

Children can use their imagination to plan out a healthy lunch which they will enjoy.
Children should not bring more food to school than they can eat.
Children can use a lunch box instead of sandwiches and tin foil.
Children can give good example to family and friends.
Students can ensure that their parents are aware of which foods are allowed in school as part of Toonagh National School's Healthy Eating Policy.
Older students can make their own lunch.

What could a healthy lunch consist of?

Sandwiches or rolls with cheese, meat or healthy filling. (Not chocolate spread)
Pitta bread, crackers (unsalted)
Scones
Fruit (peeled and chopped for small children)
Raisins
Vegetables (washed and chopped)
Pasta
Salad
Yoghurt (easy to open)

What should not be in a healthy lunch?

Crisps, salted nuts
Chocolate, sweets, lollipops or jellies.
Chewing gum,
Cake, biscuits, pastries or doughnuts
Chocolate spread
Fizzy drinks
Flavoured milk

What drinks could we include in a healthy lunch?

Water
Fruit juices
Diluted drinks
Milk
Actimel
Smoothies

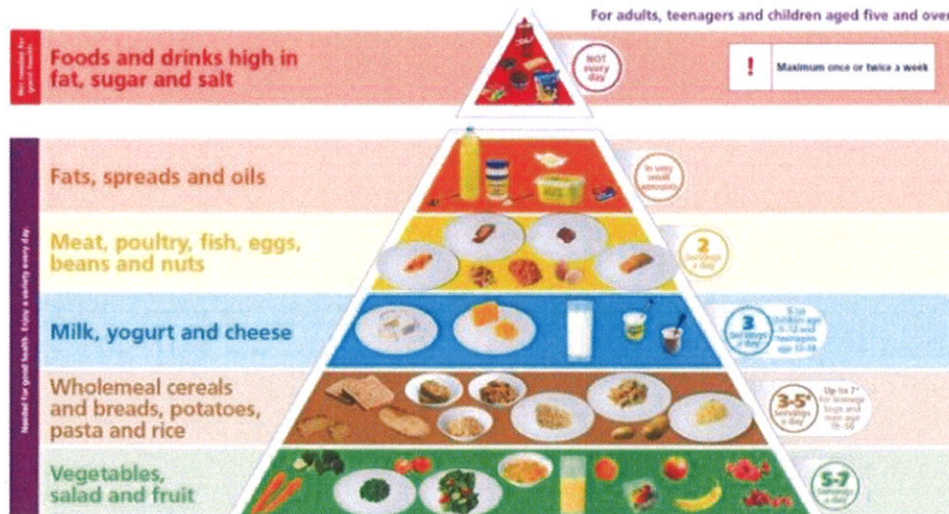
What drinks should not be included in a healthy lunch?

Fizzy drinks
Sugary drinks

Exceptions and treats:

On Friday, children are permitted to bring a small treat in their lunch box (eg. Treat size bar, bun,) This way they will appreciate the treat even more.
From time to time, children may get a small treat in school.
We ask that parents do not send in treats for birthdays.

The Food Pyramid.



What: We have put together the following list of suggested guidelines for healthy lunches as well as a list of food and drinks that we would not encourage.

Suggested guidelines for healthy lunch

- Sandwiches (Brown bread preferably)
- Pitta Bread
- Raw Vegetables
- Fresh Fruits
- Yogurt/Petit Filous/Yops /Actimel etc
- Cheese
- Crackers
- Scones
- Pasta
- Rice
- Nuts (unsalted)
- Raisins

- Water
- Milk
- Fresh Juice
- Sugar-free Juices

Foods/drinks to be discouraged

- Crisps
- Salted peanuts
- Chewing Gum
- Sweets
- Biscuits
- Fizzy Drinks
- Cakes
- Chocolate Bars

Implementation and Review:

This Policy will be reviewed by the Board of Management, as deemed necessary and in line with the school development plan.

Ratification:

This review was ratified by the Board of Management of Toonagh National School on

06/04/2022.

Signed:

Marie Kelly
Chairperson of the Board of Management

Pauline Ryan
Principal Teacher

06/04/2022.
Date