



St. Ita's N.S.

Healthy Eating Policy 2019

Why have St. Ita's a Healthy Eating Policy?

- Improves nutrition standard and eating habits of all in the school.
- Ensures the message children receive from parents and teachers is consistent.
- Clarifies the school's position on foods encouraged and discouraged.
- Assists the growth and development of the child so they can reach their full potential.
- Healthy eating improves concentration, performance in class and at play.
- Encourages and promotes healthy eating for life.

This policy is a revised version of the previous policy. Guidelines received from staff in-service were used to formulate this new policy.

Healthy Lunch Policy:

As part of the Social, Personal and Health Education (S.P.H.E.) curriculum, we encourage the children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education curriculum 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.

Aims of this policy:

- 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 enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.
- To equip the children with life skills to develop a balanced healthy diet, incorporating exercise, for their adult lives.

- Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).
- In our school the children eat twice a day, before going out to play. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring a bottle of water.

The Healthy Lunch Guidelines:

What is a healthy lunch?

- It is full of goodness like protein, vitamins and calcium.
- Contains food with no sugar, because too much sugar is bad for your teeth.
- Contains no colouring or additives
- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain power
- Need to eat well so children can reach their full potential.

Food Allergies:

More and more children are presenting with food allergies. Some are life-threatening. In formulating these guidelines, we have taken account of these concerns.

A number of pupils attending St. Ita's have a serious allergic reaction to:

- **EGGS**
- **NUTS**
- **KIWIS**
- **MUSTARD**

Please ensure that **none** of these products are included in your child's lunch.

What could be in a healthy lunch?

- Sandwiches made from brown/wholemeal bread or rolls, baps and wraps with/without fillings.
- Fillings:

Meats:	chicken, turkey, beef and ham
Other Proteins:	tuna
Salad:	Lettuce, cucumber, tomatoes, celery, peppers, grated cheese

- Pitta bread, crispbreads, crackers, scones
- Fruit: apples, pears, oranges, bananas, grapes and dried fruit (peeled and chopped for small children)

FRIDAY is FRUIT FRIDAY:

Children are encouraged to make an extra effort on Fridays to include fruit in their lunches

- Raisins
- Vegetables (washed and chopped)
- Pasta/rice
- Salad Box: Lettuce, cucumber, tomatoes, celery, peppers, grated cheese
- Small, plain biscuits (no chocolate)
- Yoghurt (easy to open, with a spoon)

What should not be in a healthy lunch?

- Crisps, salted nuts or popcorn
- Chocolate, chocolate bars (wrapped and unwrapped), Sugary treats, sweets, lollipops or jellies
- Chewing gum
- Cake, biscuits, pastries or doughnuts
- Chocolate spread i.e., nutella etc.

What drinks could we include in a healthy lunch?

- Water
- Pure fruit juices
- Diluted drinks
- Milk
- Actimel
- Smoothies

WEDNESDAY is WATER WEDNESDAY so all pupils are encouraged to bring water as their drink.

What drinks are not be allowed?

- Fizzy drinks
- Sugary drinks
- Flavoured milk
- Hot drinks (in case they spill and cause an accident)

Who should make sure everyone follows the rules?

- Our parents, because they make our lunch and should set a good example. They are responsible for our health.
- We should, because it's our health and we want to be fit and full of energy.
- Teachers, because they can see what's in our lunch boxes and know who's eating the right foods everyday
- The Principal

What should we do when children bring in foods not allowed?

- The children bring the food/drink home in their lunch box.

Should we make exceptions for special occasions?

- Yes, for treats after communion or confirmation
- Yes, for end of term parties
- Yes / No for school trips (teacher discretion)
- Yes, treats during our annual Sponsored Walk.
- Teachers use their own discretion when treating their individual classes

Where can a copy of this policy be obtained?

- A copy of the above guidelines will be made available to all pupils at the beginning of each school year and all new entrants.
- A copy of the policy will be displayed in a prominent area in the school
- A copy will be uploaded to school website
- A copy will be available to all parent/guardians on request.
- A copy will also be on display in each classroom.
- During the month of September it is envisaged that children from senior classes will work with junior classes to monitor younger children's lunches.
- The Principal and/or co-ordinator will carry out "spot checks" in all classes at least once a month.

Environmental Awareness and Care:

- We strive to encourage our pupils of the importance of caring for our environment. At school we encourage recycling and re-use of recyclable materials as far as is possible. To decrease packaging and litter we aim to encourage pupils to use recyclable plastic lunchboxes for lunches and plastic screw top bottles for drinks. We will ensure that any materials within the lunches i.e. yoghurt cartons, wrappers etc. will be stored in lunch boxes and disposed of at home.

Healthy Eating Guidelines: A Resource Pack for Primary Schools provides graded lessons for each class at primary level. Teachers will use this resource to support the implementation of this policy.

Useful Websites:

www.healthpromotion.ie

www.irishheart.ie

www.ndc.ie

www.bordbia.ie

www.indi.ie

www.fsai.ie

www.safefood.eu/Healthy-Eating/Life-Stages.aspx~

www.nutritionandhealth.ie

www.nutritioninteractive.com

www.weigh2live.eu - for adults

Food Dudes:

In 2008, St. Ita's were one of the schools that took part in Phase 1 of this Healthy Eating Initiative run by the Department of Education. Over a series of weeks freshly packed fruit and vegetables were delivered to the school and distributed to all pupils.

Phase 2 of this process has now been launched. In March 2015, Ms. L. Murray attended a training day. The programme was implemented in the school prior to Easter and in the last term of the 2014-2015.

Feedback was very positive from all the stakeholders. As this part of the process is now complete, it is envisaged that pupils, staff and parents will continue to build on the foundations set last year and continue to incorporate fruit and vegetables in their lunches.

The children of St. Ita's, together with their parents/guardians aim to prepare healthy lunches and work towards a healthy balanced diet. This will in turn optimise their receptiveness to learning in school. We hope these guidelines will assist everybody in making healthy choices.

Developed: June 2014
Revised: September 2015
Revised: June 2019

Ratified by the Board of Management on: 10th July 2019

Signed: Monsignor Cathal Geraghty
Chairperson of Board of Management

Date: 10/07/2019