



Healthy Eating Whole-School Plan

This plan is Intended as a guide to healthy and safe eating for the school. The focus of this plan (is to support parents, as primary educators of their children (Education Act 1998), in encouraging their children to develop healthy eating habits at an early age. A knowledge of what constitutes a nutritionally balanced diet is acknowledged as being of importance for students. In support of this rationale nutrition education is an important element of the curriculum. Healthy eating covered in the following curricular areas:

Social, Personal and Health Education (SPHE):

Strand Unit:

- Taking Care of my Body; Food and Nutrition (Curriculum Junior Infants - Sixth Class)
- Making Choices (see Teacher Guidelines pg 11-13)

Science:

Strand Unit:

- Myself: Human life Processes (Curriculum: Junior Infants - Sixth Class) (see teacher Guidelines p.10 - 11)

Relationship to Characteristic Spirit of the School:

The Healthy Eating Whole-School Plan helps to promote the health of each child and to provide a foundation for healthy living. Our school aims to provide a holistic education for our children and health of mind and body is an ideal we aim for in all our pupils.

Aims:

The aims of this plan are:

- To encourage children to make the "healthier choice the easier choice".
- To promote nutritional awareness e.g., looking at the ingredients in food.
- To support and encourage healthy eating choices.
- To protect the health and safety of children with serous food allergies.

Content:

• Healthy Lunches

Parents /guardians are encouraged to provide children with a healthy lunch, which helps to maintain their level of concentration in the classroom throughout the day. A healthy Lunch may comprise of a variety of foods such as:

Food:

- Fruits, vegetables and cereals.
- Milk, cheese and yogurt plant based or dairy.
- > Protein-rich foods e.g. tofu, fish, poultry and meat etc -

Beverages:

- > Water
- Unsweetened juice
- > Milk - plant based or dairy -

TIPS:

- Pre-peel oranges
- > Slice apples
- Halve bananas ouhave a - REMEMBER THE SPOON!

- Ensure your child can open everything

12. Prohibited foods:

- Chewing Gum
- Nuts, Nut butters and Nutella

3. Friday Treat

- Small treats are encouraged to be only sent on Fridays.
- Sharing size and / or multiple treats are not recommended.

4. Special Occasions:

i.e. end-of-term, Christmas, Easter, school tours, special events and birthdays.

- PTT and staff may distribute treats on special occasions which include Easter hunt etc.
- Sweets will not be used as rewards.
- Teachers may use sweets in subject areas where a curricular objective are being met e.g maths, science, geography etc..
- For birthdays, you can bring in cake buns or treats. Please be mindful of dietary requirements of children In your child's class e.g. vegan, dairy free etc so that children are not left out or excluded

5. Litter – children are encouraged to:

- Choose foods without wrappers.
- Use reusable wax wraps / similar.
- Use a reusable lunch box.
- Avoid using single-use plastics.

6. Initiatives:

- The school may also take opportunities that may arise to participate in activities which promote healthy eating. (Food Dudes etc)

7. Implementation:

- While we cannot enforce what parents/ guardians send in their children's lunch boxes, we will encourage all children to eat healthy food and make healthy food choices. We would be grateful if all parents/ guardians would encourage healthy eating at home by providing healthy lunches.

8. Success Criteria:

We will know the plan is effective by:

- observing the contents of lunchboxes.
- receiving feedback from parents/guardians and other school staff.

Roles and Responsibility:

- Parents/guardians have a responsibility to try providing healthy lunches for their children..
- Children have a responsibility to eat their own lunch, and not to share or trade food or drink with others.
- The overall performance of the plan will be monitored und evaluated by the Board of Management,

Useful Information:

- The Health Promotion unit has a booklet called "Food and Nutrition Guidelines for Primary Schools", It is available to download from www.healthpromotion.ie
- The Irish Nutrition and Dietetic Institute has a vast amount of information on nutrition and diet. and have suggestions on what 10 Include to school lunch boxes www.indi.ie
- The Voluntary health Insurance (VHI) has a section on children returning to school after sickness which Includes advice on healthy lunches www.vhi.ie/hfiles/hf-011.jsp

Communication:

The Healthy Eating Whole-School Plan will be available on the school website.

Ratification

Signed 

Chairperson of Board of Management

Date: 20th September 2022

Review:

Date of review: September 2023