

ST. PATRICK'S BOYS' NATIONAL SCHOOL

School Policy Document

Healthy Eating Policy



Brian Horan

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St. Patrick's Boys' National School

Portrane Rd., Donabate, Co. Dublin

Ph/Fax: 8436168

Scoil Naomh Pádraig (Buachailli)

Principal: Brian Haran

www.stpatsbns.ie

Roll No: 16267G



Healthy Eating Policy

Introductory statement

This Healthy Eating policy was formulated to support parental endeavours in encouraging healthy eating in their children. The policy has been formulated in consultation with the teachers, Board of Management and parents of St. Patrick's Boys' National School, Donabate.

This policy is designed to promote a positive attitude towards healthy eating both in and outside of school. As we all know healthy food is an integral part of living a healthy and happy life. The children learn about healthy food and eating part of the Social, Personal and Health Education (S.P.H.E.) programme. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also deepens the children's understanding of how the body grows and develops.

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients. In our school the children eat twice a day, at 10.35am and again at 12.50pm. To ensure good concentration it is important for children to eat well and remain hydrated, your son should bring a bottle of water with him to school along with his lunch. It is also vital that children start the day well and come to school having had a good breakfast. The Board of Management is determined that no child will go hungry in our school and if required will provide a breakfast to any needy child.

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, learning and maintaining their health.
- To enable the child to accept some personal responsibility when making food choices and adopting a healthy and balanced diet. EG: Not buying junk food in the shop and making healthier choices for themselves.
- To enhance the existing S.P.H.E. and Science and P.E. programmes.



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The Healthy Lunch Guidelines:

Children in each class were asked to discuss what they thought should be in a healthy lunch. From these class discussions the following guidelines emerged:

What is a healthy lunch?

- It is full of goodness like protein, vitamins, calcium and fibre.
- Contains food with no sugar, because too much sugar is bad for you and for your concentration.
- Contains no colouring or additives.
- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain power

What could be in a healthy lunch?

- Sandwiches or rolls with cheese, meat or other fillings.
- Pitta bread, crackers
- Fruit
- Raisins
- Vegetables
- Pasta
- Salad
- Small, plain biscuits (no chocolate)
- Yoghurt (easy to open)

What should not be in a healthy lunch?

- **Nuts of all kinds are banned (including peanut butter and Nutella) because of the danger that allergies pose.**
- Crisps.
- Chocolate, sweets, lollipops or jellies
- Chewing gum



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- Cake, biscuits, pastries or doughnuts
- Chocolate spread

What drinks could we include in a healthy lunch?

- Water
- Milk

What drinks should not be allowed?

- Fizzy drinks
- Sugary drinks
- Actimel or other yoghurt drinks
- Hot drinks (in case we spill them)
- Flavoured milk (because they often contain more sugar than fizzy drinks)
- Lucozade, Energy and Caffeinated Drinks

Who should make sure everyone follows the rules?

- Parents, because they often make the lunches and should set a good example. They are responsible for our health.
- The children themselves should, because it's their health and they 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 every day.
- The Principal

What should we do when children bring food which is not allowed to school?

- The children should bring any unhealthy food/drink item home with them in their lunch box, but no child will be allowed to go hungry.

Should we make exceptions for special occasions?

- Yes, on Fridays your son can bring a portion size treat (a portion size treat should fit into the palm of your child's hand) to school as part of his lunch.



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- Yes, for special occasions.
- Yes, for end of term parties.
- Yes, for school outings/tours.
- Yes, for Cake Sales.

The boys in St. Patrick's B.N.S. are very keen to lead happy and healthy lives. As parents, you are responsible for ensuring that your son has a healthy lunch with him each day. You should also encourage your son to make healthy choices when visiting local shops before or after school. You are also asked to inform the school if your son has any special dietary requirements. This will ensure that teachers are aware of your son's diet and can advise against sharing/swapping of food etc.

We hope these guidelines will assist everybody in making healthy choices.

Implementation of policy

- Have a "Let's look at our lunch boxes today" slot in each classroom on regular basis.
- Praise children with healthy lunches.
- Parents of new entrants will be made aware of the Healthy Eating Policy.
- Have a look at www.safefood.eu for help and for healthy lunch ideas.

Success Criteria

The contents of the children's lunch boxes will provide evidence of the success or otherwise of this policy.

Developed: November 2015

Revised: October 2016