

Healthy Eating Draft Policy

Aims of this policy

To promote the health of the child and provide a foundation for healthy living.

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

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

How we will do this

- Healthy lunches and snacks will be provided in school for all children. Children are encouraged to bring water in a reusable bottle.
- Parents who do not wish to avail of the school lunches will be given a 'Healthy Lunches' leaflet at the beginning of the school year.
- Parents will be given clear guidance about food to be included in school lunches and food not allowed (i.e. food high in fat, sugar and salt). Parents are requested to comply with this. A list of these guidelines is in the school diary.
- The Food Pyramid will be discussed with each class at the beginning of each term, with Food Pyramid posters being displayed prominently in classrooms and around the school.
- A Healthy Eating Week will take place early in the school year. Opportunities may be provided for the preparation and tasting of healthy food.
- A positive approach to healthy eating will be promoted by school staff. This includes the strict implementation of lunch/snack guidelines by all staff members. Non food treats and reward such as stickers, certificates, extra playtime, free play etc will be used by teachers and staff instead of sweets, chocolate etc.
- End of term can be celebrated with board games, quizzes, nature walks, picnics, show and tell etc.
- Sending birthday cakes and treat bags into classes for distribution is no longer permitted. Teachers in junior classes will celebrate the child's birthday by song, dance, wearing a birthday badge etc. Children in senior classes will get a homework pass.
- Lollipops are banned in school.

What could a healthy lunch include?

- Fruit, vegetables or salad (cut in bite sized chunks for smaller children)
- Bread, rolls, crackers, pasta, rice, potatoes – wholemeal is preferable.
- Cheese and or yogurt (calcium is necessary for healthy bones and teeth).
- Protein such as meat, fish, eggs, beans (e.g. hummus) and seeds (limit salty processed meats). A small cooler pack could be included in lunchbox.

- Water is very important for concentration. Please make sure your child has a refillable bottle of water. Milk is also a healthy option but needs a cooler pack.

Food that should not be included in lunches

- Fizzy drinks, sugary yogurts drinks (such as Yop) or sugary fruit drinks such as Capri-sun
- All types of crisps and other similar snacks such as Snax or Wheelies
- Chocolate, sweets, lollipops, jellies and winders
- Biscuits, cake, pastries, chocolate croissants, chocolate spread, buns, brownies, cereal bars and doughnuts
- Chewing gum
- Dessert style yoghurts e.g. Muller corners, chocolate yogurts, chocolate mousse

Unacceptable food which is brought to school may not be consumed and must be taken home. Partially eaten food will also be sent home so parents will be aware of what is being eaten. If unacceptable food is repeatedly sent in, a note will be sent home reminding parents of our healthy eating policy.

Exceptions for special occasions

At Christmas and Easter the Parents Association provide treats for the children.

At Halloween teachers may choose to have a party.

Teachers may provide occasional treats such as hot chocolate at Christmas, ice-cream in summer, the making of rice krispie buns as part of procedural writing or pancakes on Shrove Tuesday.

Lollipops and jellies will not be included as treats.

On school trips, 1 small treat is allowed.

The children at the CBS are very keen to have healthy lunches and show a good understanding of what that means. The policy was drafted in consultation with staff, parents and students. We hope these guidelines will assist everybody in making healthy choices.

This policy will be reviewed every 3 years.

This policy was ratified by BOM on 7/2/2023

Signed by Chairman : Neil Burke