

# Healthy Eating Policy



Mól an óige agus tiocfaídh sí!

Gaelscoil na Speiríní

## **Introduction**

Gaelscoil na Speiríní is dedicated to providing an environment that promotes healthy eating, and provides students with the opportunity to make informed choices about the food they eat. The school will promote healthy eating in curriculum lessons (Science and Personal Development) and in the food served from the school canteen in association with the Schools Meals Service. Hot meals are provided to us by St. Mary's Primary School, Ballinascreen, however, it is still very important for the parents to take note of our healthy eating policy. It is also important for parents to take note of letters home advising of any allergies other pupils may have.

It is important for the parents to know what is healthy and what is not when preparing packed lunches for their children. Children need a healthy diet for normal growth and development. Parents must be careful in the sugar and fat content in the lunches that are prepared.

A healthy diet for children can prevent a variety of problems as they grow. The children will also find they have more long term energy.

## **Aim of Policy**

To make sure teachers, pupils, and parents are aware of the healthy choices of food.

## **Objectives**

- To make the consumption of food an enjoyable, safe, and socialising experience.
- To increase pupil's knowledge of healthy eating and nutrition.
- Where appropriate, reinforce messages in the curriculum relating to food and nutrition.
- Use signage to reinforce healthy eating, ie " What is healthy and what is not." The children can get involved in the signs.

- To provide information to parents on all aspects of food in the school. Especially if there are any pupils who have allergies. Notes must go home regarding this. Also notes can go home in the beginning of the year to advise as to what should be in the lunch bag.

### **Procedure**

- Ensure drinking water is available to children if requested.
- Promote a balanced diet by corresponding with parents to advise of what should be in the packed lunches and snacks. The letter should include the following recommendations; fresh fruit, sandwich with whole wheat bread, and a natural juice without sweeteners.
- In the same correspondence inform parents that fizzy drinks, sweets, crisps and chocolates are not allowed.
- Have the children involved in making signs that recognise what is healthy food and what is food that is not healthy.
- Reinforce health messages in the curriculum.
- If there are any children with allergies send notes home to all parents to advise not to bring that particular food in.
- Staff set an example with a healthy lifestyle.
- Children are encouraged to wash their hands before eating.

### **Monitoring, Evaluation and Review**

This policy is to be reviewed every two years. This policy has been reviewed in Sept 2012 and detail was put in regarding consideration for special food allergies. Allergies will be monitored as to the type of allergy and what type of food. Further amendments to this policy might be needed based on this. However, all staff are aware of specific allergies presently in the school and all staff have received specific training.

**Reviewed: June 2022**

