



Sessiaghoneill National School

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Healthy Eating Policy – 2017/2018

As part of the school Social, Personal and Healthy Education (SPHE) Programme, at Sessiaghoneill School we encourage children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we introduced a healthy eating policy stating from April 2009.

Aims

1. To promote the personal development and well-being of the child.
2. To help improve concentration, learning and energy levels.
3. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. To ensure the child accepts some personal responsibility for making wise food choices and adopting a healthy, balanced diet.
3. To support the schools environment policy - minimise wrappers and encourage re-usable containers.

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.

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

Breads & Alternatives

Bread or rolls

Rice

Pasta

Scones

Bread Sticks

Crackers

Savouries

Lean meat/chicken/turkey

Soup

Tuna/sardines (No can)

Cheese

Quiche

Pizza

Fruit & Vegetables

Apples, bananas, peach

Fruit salad, dried fruit

Plum, pineapple cubes

Grapes

Cucumber, sweetcorn

Tomato

Coleslaw

Drinks

Milk

Yoghurt

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives include the following:

- Crisps (including crisp style snacks)
- Hot/cold deli style food e.g sausage rolls, vol au vents etc
- Fizzy drinks (including fizzy flavoured water, juices etc)
- Fruit shoots and similar style drinks
- Chocolate biscuits/bars/drinks
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn

Please note this list is not exhaustive, teachers may add new products as and when they appear.

Treat Day

Friday is our treat day. On this day, children can include **one** food item from the top shelf of the food pyramid. We would encourage parents to give their children a small treat (not KINGSIZE) on Friday. More than one treat is not allowed and will be sent home, large treats will be portioned properly and the extra will be sent home.

Exception may include end of term parties and other special occasions throughout the year.

Promotion and monitoring of our Healthy Eating Policy

- The Healthy Eating Guidelines and a poster of the Food Pyramid will be displayed in every classroom and will be referred to by the teachers.
- At the beginning of each school term, teachers and pupils will discuss healthy eating.
- During the year, all classes will receive a minimum of two lessons on healthy eating.
- Teachers will provide modelling and supportive attitudes to encourage healthy eating.
- In September 2018 this policy will be reviewed.
- Teachers will highlight the positive aspects of individual lunch boxes in class.
- Foods which are not permitted will be sent home.

Green Flag School

As we are a Green Flag School, children are also asked to

- Take home (in lunchbox) all uneaten food, silver paper, wrapping, containers and cartons.
- Put only fruit peel in the compost bins.
- Not bring in cans (with pull tabs which result in sharp edges when opened) and glass - for safety reasons.

N.B. Parents/Guardians of any child with a medical condition which requires a special diet should contact the school.

A number of children in our school have nut allergies so we would ask parents to refrain from sending nuts or foods which contains traces of nuts to school.

This policy was ratified by the Board of Management on _____ and will be reviewed in 2018.

Signed: _____

Patrick Watters
Chairperson of Board of Management