

New Quay National School

Healthy Eating Policy

Healthy Eating Policy

This policy supersedes policy (09/14)

Introduction

This policy supports parents and pupils around developing healthy eating habits from an early age.

This policy is linked to:

- A. SPHE: Taking care of my body: Food and Nutrition and Making Choices.
- B. Science: Myself: Human Life Processes.

Mission Statement:

To promote a lifelong education of healthy eating for mind and body.

Objectives / Aims

To help children improve concentration, learning and energy levels.
To support parents and children to make healthy decisions around food.
To develop nutritional awareness.

Guidelines

A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid. Cans and glasses are not permitted for safety and litter reasons. Healthier choices of drinks include water, milk and unsweetened juice. Some of the healthy snacks that we encourage for small break include popcorn, fruit, flapjacks, yoghurt, fromage frais or crackers. Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and to protect our school environment. A practical guide to healthy eating will be provided for all new pupil admissions i.e. the food pyramid.

As an integral part of our healthy eating policy we do not permit crisps, fizzy drinks, sweets and chewing gum in our school.

Exceptions

Special occasions including end of term closure, sports events, or any other occasions where the staff deem an award is appropriate.

Promotion of policy

Parents and staff will promote the policy throughout the school week.

Roles and responsibilities

Teachers will give good example through their own healthy eating habits.

Ratification and Communication

The school policy on the **Healthy Eating Policy** has been amended and ratified by

The Board of Management of New Quay N.S.

Gerry Naughton

Chairperson

Mary Reidy

Principal

This policy will be communicated to all relevant parties.

This policy will be reviewed when deemed necessary.