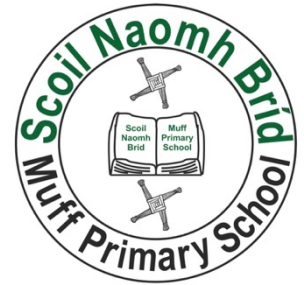


Scoil Naomh Bríd

Healthy Eating Policy

A Whole School Approach



INTRODUCTORY STATEMENT

As part of the Social, Personal and Health Education (SPHE) Programme at Scoil Naomh Bríd, we encourage the 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, starting from 1998.

AIMS

1. To promote the personal development and wellbeing of the child.
2. 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 enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

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. It should also provide dietary fibre.

Scoil Naomh Bríd is fortunate in that free school lunches are available for all children. These lunches comprise:

- Sandwich/wrap/roll
- Yoghurt
- Water
- Fruit

However, if you do not avail of these lunches and wish to send lunch from home, the following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

Bread and Alternatives

Bread or rolls, preferably wholemeal
Rice – wholegrain
Pasta – wholegrain
Potato salad
Wholemeal scones
Bread sticks
Crackers
Pitta bread

Savouries

Lean meat
Chicken/turkey
Tinned fish e.g. tuna/sardines
Cheese
Quiche
Pizza

Fruits and Vegetables

Apples, banana, peach
Mandarins, orange segments
Fruit salad, dried fruit
Plum, pineapple cubes
Grapes
Cucumber, sweetcorn
Tomato

Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him/her to have a carton of yoghurt or a small helping of cheese instead.

Drinks

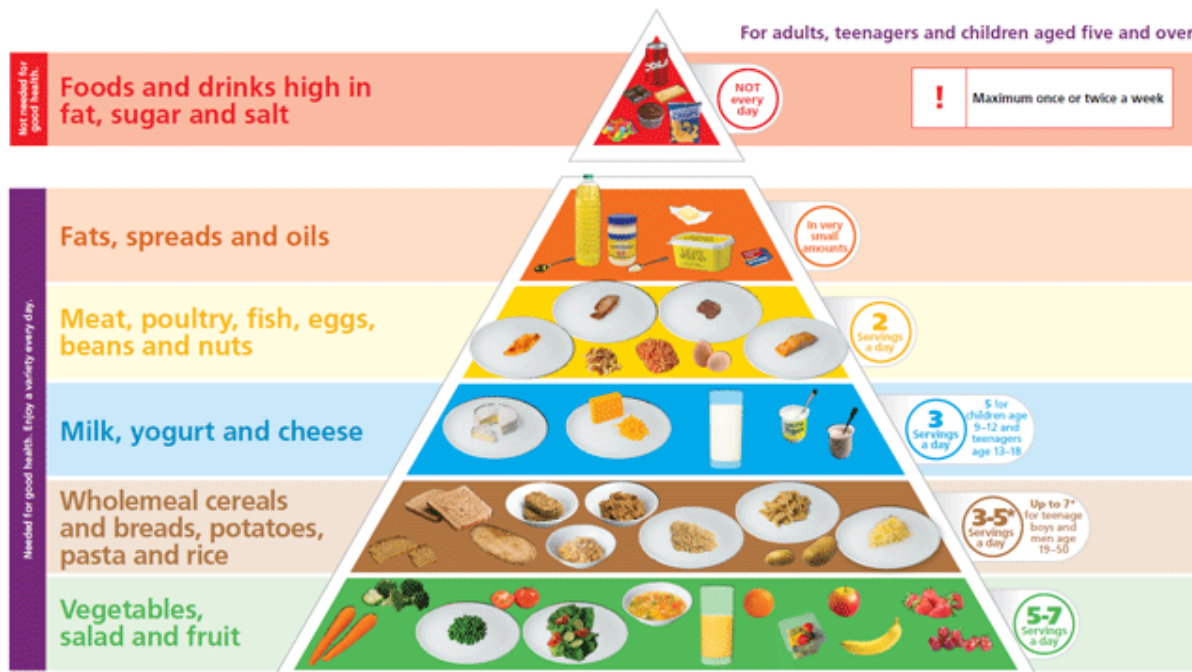
Milk
Fruit juices
Squashes (low sugar)
Yoghurt

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

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

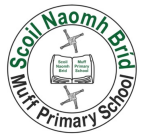
- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc.)
- Sweets
- Chocolate biscuits/bars/chocolate or hazelnut spread
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn
- Nuts or items containing nuts

A very simple approach to healthy eating is to use the Food Pyramid:



Food Dudes

Scoil Naomh Bríd has participated in the Food Dudes programme in 2008, and then again in 2015/2016 school year. The new three-year programme began again in the school in October 2018.



Food Dudes is a programme developed by the Food Activity & Research Unit at Bangor University, Wales to encourage children to eat more fruit and vegetables both in school and at home. It is based on positive role models (the Food Dude characters), repeated tasting of fresh fruit and vegetables, and rewards. In large-scale studies in schools in Ireland, England and Wales, the programme has been shown to be effective and results long-lasting across the primary age range, regardless of gender, school size, geographic and socio-economic factors. It is ultimately designed to enable children to enjoy eating healthy diets, and to create a healthy eating culture within schools and at home. The programme is managed by Bord Bia and funded by the Department of Agriculture, Food and Marine and the EU School Fruit and Vegetable Scheme.

Letters are sent home explaining the programme to parents and they are given the opportunity to opt out of the programme.

There are two main phases to the programme:

Phase 1

Junior Infants – 1st Class

- 16 days participation
- Try fruit and vegetables while a letter from the Food Dudes is read or an episode of the specially designed DVD is being watched
- Rewards (stickers or small rewards) given each day for successfully eating the fruit/vegetables
- Home record diary kept of all fruit and vegetables eaten at home

2nd-6th Class

- 8 days participation
- Try fruit and vegetables while a letter from the Food Dudes is read or an episode of the specially designed DVD is being watched
- Rewards (stickers or small rewards) given each day for successfully eating the fruit/vegetables

Phase 2

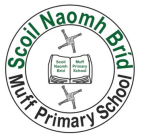
- This phase extends to the home, and encourages children to bring in their own fruit and vegetables to school every day in special Food Dudes lunchboxes which they receive at the end of phase 1
- Classroom wall charts are introduced in all classes to record progress and children receive Food Dudes certificates upon reaching goals
- This phase maintains fruit and vegetable consumption in the longer term
- There will also be up to 5 deliveries of fresh fruit and vegetables during this phase

GREEN FLAG SCHOOL

Children are also asked to:

- Take home (in lunchbox) all uneaten food, silver paper, wrappers, containers and cartons
- Not bring in cans 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.



RATIFICATION

Policy adopted by the Board of Management on 28th September 2018.

Signed John Fanning
Chairperson, Board of Management

Policy reviewed:

September 2018
June 2020