



KILGARVAN CENTRAL SCHOOL

Healthy Eating Policy

2024

Roll No: 19458F

Kilgarvan Central School

Healthy Eating Policy

Introduction:

This policy has been developed as part of our overall wellbeing programme within the school and should be viewed in conjunction with our other wellbeing policies and in the light of the SPHE Curriculum. This policy was developed following consultation between the Board of Management, the staff, the parents and the pupils.

Rationale:

Kilgarvan Central School's healthy eating policy aims to promote a healthy diet as being essential for maintaining and protecting children's health, for ensuring that they perform to their full potential during school hours, both academically and physically. Research indicates a strong link between diet and performance. For example, a low sugar intake promotes concentration, lessens hyperactivity and protects teeth.

The school is aware, however, that the primary role model in children's healthy eating education lies with the parents /guardians.

Aims

The aims of this policy are as follows:

- To take a whole school approach to healthy eating in school.
- To promote healthy eating across school life, consistent with the national healthy eating guidelines and school curriculum
- To make the consumption of food an enjoyable and safe experience.
- To inform the adults of the school community about healthy eating in schools.

Content:

Healthy Lunch

1. Parents / guardians are encouraged to provide their children with a healthy lunch, which helps maintain their level of concentration in the classroom throughout the school day. A healthy lunch should, if possible, include a variety of foods from the bottom four shelves of the food pyramid

Bread and Cereals <ul style="list-style-type: none">• Bread, scones or rolls, preferable wholemeal / whole grain• Wraps, pitta bread• Bread sticks• Rice• Wholegrain pasta• Crackers• Plain biscuits	Fruit and Vegetables <ul style="list-style-type: none">• Apple, bananas, peaches, plums, mandarins, orange segments• Pineapple cubes• Grapes – should be cut in half• Cucumber, sweetcorn, peppers. Tomatoes• Carrot sticks
Meat /Fish /Poultry	

<ul style="list-style-type: none"> • Chicken • Ham • Beef • Tuna 	
Drinks <ul style="list-style-type: none"> • Water or milk • Fruit juices – without added sugar • Pure fruit juice also contains natural sugar and should be diluted with water 	Dairy <ul style="list-style-type: none"> • Milk • Natural yoghurt with fruit • Cheese – triangles / slices of cheddar / gouda/ edam etc

- Children are encouraged to bring in a water bottle (reusable) and to drink throughout the day. Hydration is important for concentration.
- As part of our environmental awareness programme, and in keeping with our participation in the Green Schools Initiative, lunches should be packed in recyclable boxes, avoiding the use of foil, cling film and plastic bags.
- The importance of nutrition and healthy eating is explicitly taught through the SPHE curriculum,
- The school takes part in the Food Dudes programme which encourages the children to try fruit and vegetables in school.

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

Foods known to be high in sugar, saturated fats, salt, including the following -

- Crisps
- Fast food
- Fizzy drinks (including fruit flavoured fizzy waters)
- Sweets or bars
- Cakes/ pastries
- Chocolate biscuit /bars/chocolate rice cakes/ chocolate spread
- Chewing gum
- Nuts

Treat Days and Special Occasions

- Friday is our treat day and pupils are permitted to bring in a small portion from the top shelf of the food pyramid e.g fun sized chocolate bar, small iced bun, biscuits.
- On special occasions some treat foods may be offered, but the staff will remind the children that this is an 'occasional' treat.

Other Considerations

Allergies / Special Dietary Requirements

The school is aware of the possibility of food allergies within the school population. Parents or guardians of children who are on special diets for medical reasons, or who have allergies, should provide as much information to the school as possible regarding food to be avoided.

Roles and Responsibilities

Role of Parents/Guardians

- Provide a healthy, well-balanced lunch for children.
- Encourage healthy eating.
- Inform the school of any special dietary requirements
- To support school policies by not allowing their children to bring chewing gum, crisps, chocolate bars or sweets to school except on treat days.

Role of Pupils

- To eat their lunch.
- To help make their lunch and remind parents of the Healthy Eating Policy.
- To avoid bringing food which are not permitted to school except on treat days.

Role of School Staff

- To promote and encourage healthy eating.
- To educate children about the importance of nutrition by teaching the appropriate curriculum content.

Review

This policy will be reviewed during the 2027/2028 school year.

This policy was ratified at a Board of Management meeting on Monday, 15th April 2024

Signed: *Jeremiah Mc Carthy* Chairperson, Board of Management

Date: April 2024