



St Fintan's NS Sutton

Healthy Eating Policy

MISSION STATEMENT

St Fintan's National School is concerned with the overall development of the child and will endeavour to promote healthy eating habits as part of the child's growth and development in the school. Research shows that healthy eating is key to lifelong health and wellbeing. It also plays an important part in the child's ability to reach their potential by helping them in their focus and application. Inattention and disruptive behaviour can be traced in many cases to the additives in the food that children eat. Therefore, the parents, the Board of Management and the teachers would like to endorse the values of healthy eating as listed below and promote those values at all times, throughout the year.

St Fintan's N.S. is a **nut free zone**. We now have several children with serious nut allergies. Some of them are too young to realise the seriousness of the situation, therefore it is very important that all the partners work together to ensure the safety of the children. The Board of Management urges all parents and children help make St Fintan's a nut free zone. We are asking you to be extra vigilant regarding what goes into lunch boxes and to please refrain from including any items that may have nuts or nut traces. As we have a number of special activities in the school during the year such as

cake sales and Halloween parties etc. reminders regarding the nut free policy will be issued from time to time.

There are also other children with serious allergies such as to fish and seeds and every effort will be made to protect these children. The parents of the children in whose class these allergies occur will be informed. Sharing and swapping between lunchboxes is discouraged.

The purpose of lunch is to refuel and rehydrate as well as to provide a work break during the day. Carbohydrates are our biggest energy supply. Water helps concentration levels whether taken as pure water, milk or juice. Milk will also provide some of the daily calcium and some healthy juice drinks can count for up to one of our 5-a-day fruits and vegetables.

Food allowed in your child's lunchbox:

- ❖ Healthy snack: (carbs) e.g. sandwich, roll, bagel, pitta, wrap, crackers, breadsticks. Use wholegrain if possible.
- ❖ Fruit/vegetable: fresh or dried fruit, carrot or celery sticks. (Peeled and cut in small portions for younger children)
- ❖ Foods from the bottom of the food pyramid chart

Treats:

- ❖ Plain or fruit scones
- ❖ Plain biscuits, e.g. digestives, rich tea
- ❖ Plain or fruit muffins

Drinks allowed:

- ❖ Milk (may be obtained from the school)
- ❖ Water
- ❖ Juice or smoothie
- ❖ Yoghurt drink

Foods not permitted in your child's lunchbox (for health and hygiene reasons):

- ❖ Crisps
- ❖ Popcorn
- ❖ Sweets
- ❖ Fancy Biscuits
- ❖ Chocolate
- ❖ Fizzy drinks
- ❖ Nuts
- ❖ Foods with nut traces
- ❖ Nutritional or cereal bars (These can contain nuts and large amounts of sugar)
- ❖ Chewing gum or bubble gum
- ❖ Hot drinks (this is due to children bringing in boiling water)
- ❖ Hot food (beans, noodles etc. as this involves using boiling water)

NOTE: In order to support our Healthy Eating Policy, parents are asked not to send in class treats to celebrate their individual child / children's

birthdays or other special occasions. Whilst we understand that this is done always with the very best of intentions, in order to support our Healthy Eating Policy and to guard against allergic reactions / children being left out etc., these treats will be returned to parents at the end of the school day.

IF IN DOUBT LEAVE IT OUT

www.fooddudes.ie is a useful website for parents regarding ideas for lunch boxes and information on healthy eating. It also has a good kids page.

www.nutrition.ie is also a helpful site and has some good lunchbox guidelines

- At the discretion of the teacher, a treat may be allowed on a special day. Generally these days will be the start of a holiday period and the days the class is on tour.
- Children will be given time to eat their lunch in class and food will not be brought to the yard.
- Children must bring home any lunch they do not eat (Wrappers, peel etc goes in the child's lunchbox in accordance with our Green School practices.)

Promotion of healthy eating in the school:

- ❖ Integration with the Social, Personal and Health Education programme (S.P.H.E.) which caters for the overall wellbeing of the child.
- ❖ A visit to the school by a dietician.
- ❖ A visit to the school by a dentist.
- ❖ Possibly having a healthy eating day/week in the school.
- ❖ Food pyramid in each classroom

- ❖ Competitions: e.g. Lunch of the Month, poster design, Eat your colours, Go to school on an egg, Fruit Friday etc.
- ❖ Fruits break

If your child has special dietary needs outside of those referred to above, please contact the principal.

This policy was ratified by the Board of Management in November 2009

The policy will be evaluated on an annual basis by the staff and reviewed annually by the Board of Management.

This Policy was ratified by the Board of Management in January 2015.

This policy will next be reviewed in January 2017.

Chairperson: *Paul O'Connor* Paul OConnor