

**Scoil Chlíodhna**  
**Community National School (CNS)**

*Healthy Eating Policy*





Scoil Chlíodhna CNS



**Scoil Chlíodhna Community National School (CNS),  
Carrigtwohill GAA, Carrigtwohill, Co. Cork.**

### *Healthy Eating Policy*

#### **Rationale**

The original policy was drafted by the school principal in consultation with the single school manager and teacher at Scoil Chlíodhna CNS in April 2016. This policy was reviewed in April 2020 in consultation with staff, children and parents and ratified by the Board of Management on the 11<sup>th</sup> June 2020.

This policy outlines how the school supports healthy eating practices through the promotion of healthy lunches and healthy snacks.

#### **Aims and objectives**

- To help us develop an environment that is conducive to promoting healthy eating choices in Scoil Chlíodhna CNS.
- To enable us to develop and maintain a shared philosophy on all aspects of food and drink.
- To develop an awareness of the importance of a balanced diet for growing and staying healthy.
- To promote the health of the child and provide a foundation for healthy living.
- To enable parents and guardians to make the right choices in helping their children to eat healthily at school.

#### **Lunches/Snacks**

Lunch is an important meal for school going children. It is recommended that school lunches are healthy and provide one third of a child's recommended daily allowance of nutrients, without being high in fat, sugar or salt. It should also provide some dietary fibre.

Children will normally have two food breaks during the school day to eat their lunches. They will have one small fruit/veg break in the morning and one lunch break in the afternoon. It is important that the foods children bring to school are easy for them to manage themselves. However, we cannot stress enough the importance of the children getting a good breakfast each morning before they come to school.

## Suggestions for healthy lunches include:

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children. Children are encouraged **not** to share lunches / drinks in school.

<b>Bread &amp; Alternatives</b>	<b>Savouries</b>	<b>Fruit &amp; Vegetables</b>	<b>Drinks</b>
Bread or rolls, preferably wholemeal	Lean Meat	Fruit & Berries	Milk
Rice	Chicken / Tuna	Dried fruit (raisins etc.)	Water
Pasta salad	Tinned Fish	Seedless grapes cut	Unsweetened fruit juice
Wholemeal scones	Cheese	Chopped Vegetables (peppers, cucumber, carrot sticks etc.)	
Bread sticks	Quiche	Sweetcorn	
Crackers	Beans	Tomato	
Pitta Bread	Chickpeas	Seeds (sunflower, pumpkin, sesame etc.)	
Wraps			
Rice Cakes (no chocolate)			

## Drinks

It is important that children have enough fluids during the day. Research has shown that a lack of fluids can affect concentration. Therefore, we recommend that every child brings a drink to school each day. We encourage children to bring tooth friendly drinks to school **i.e. milk or water.** In hot weather, or if playing sports, children should bring extra water to school.

Growing children should get approximately one pint of milk a day, or its equivalent as cheese/yoghurt. 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 them to have a carton of yoghurt or a small helping of cheese instead.

## Unsuitable Foods & Drinks

We strongly discourage foods and drinks that are high in fat, sugar or salt.

The following foods and drinks are not allowed in Scoil Chlíodhna CNS:

- Fizzy drinks
- Sweets
- Chocolate bars/biscuits
- Biscuits
- Lollipops
- Cakes/buns
- Cereal bars

- Fast food
- Crisps
- Chewing gum

If your child comes to school with an item that is not allowed in school, the item will be confiscated until home time.

There are to be no Friday treats from September 2020. This is in response to the review of stakeholders (teachers, pupils and parents).

### **Other Tips, Hints and Information**

- As part of the Social, Personal and Health Education (SPHE) Programme, at Scoil Chliodhna Community National School we encourage the children to become more aware of the need for healthy food in their lunch boxes.
- It is very important that children eat a **healthy breakfast** before coming to school so that they have the energy they need to concentrate, learn and participate fully in school activities.
- Ensure that children can **manage** lunch boxes, drinks bottles and food **items independently**.
- We encourage children to bring their **rubbish home** in their lunchbox to keep parents informed of what they have eaten and to reduce our waste.
- Cakes, buns or treats for **birthdays** will not be distributed in school. School staff cannot be responsible for handing out party invitations. Parents can do this in a subtle manner outside of school hours.
- Staff will promote the healthy eating policy and will strive to use intrinsic rewards.

### **Review and Evaluation:**

The success of this policy will be judged on:

- The children bringing healthy lunches to school.
- The children becoming aware of the importance of a balanced diet for growing and staying healthy
- This policy was ratified by the Board of Management on 11<sup>th</sup> June 2020
- This policy will be reviewed in April 2022 or sooner in light of new allergies in our school

**Signed:**

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**Liam Ahern, Chairperson**

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**Teresa Coughlan, Principal**

**Date:** 11<sup>th</sup> June 2020