



DONOUGHMORE NATIONAL SCHOOL

Policy on Healthy Eating

Introductory Statement:

The original policy was formulated in 2007 in consultation with staff, parents and members of the BOM to highlight the awareness of the importance of making healthy eating choices.

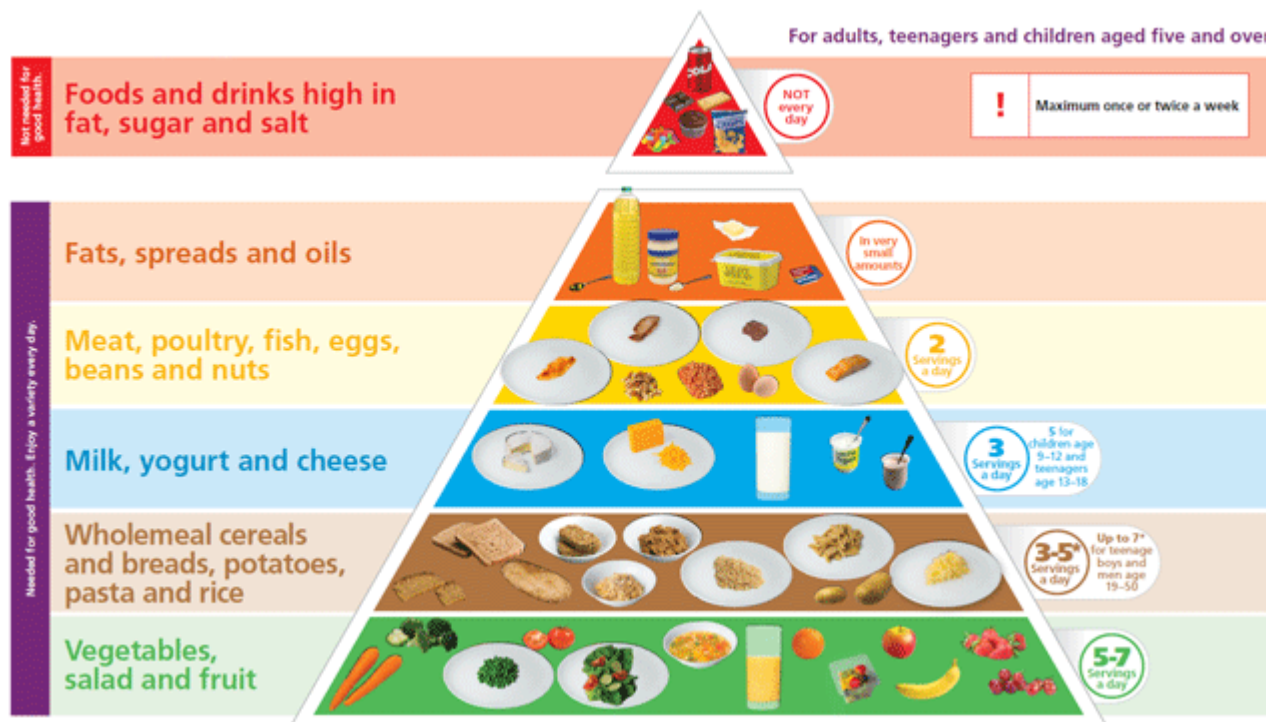
The SPHE programme encourages an awareness of the importance of food for promoting growth, keeping healthy and providing energy. Healthy eating choices made now will influence children's health in the future and healthy eating habits which begin in childhood often stay with people for future years.

Aims:

Donoughmore National School, through these guidelines, aims

- to help all those involved in our school community, children, staff and parents, to develop positive attitudes to eating and healthy living. We wish to promote 'the personal development and well-being of the child and to provide a foundation for healthy living in all its aspects'. (SPHE Guidelines).
- To help make children aware of the need of a balanced diet and of having an appropriate intake of liquids and food which are essential for good growth and development.
- The purpose of making healthy food choices enables children to attain their optimum growth, development and health potential.
- Research (Department of Health and Children) has highlighted disturbing trends, including an increase in childhood obesity and diabetes so therefore our policy and guidelines are both timely and critical for the health and development of children.
- The healthy eating programme will form part of SPHE, other aspects of healthy eating will also be taught in individual lessons, integration will also take place with science, eg. Carbohydrates, proteins, vitamins, etc.
- We will explore how healthy eating promotes growth and good performance at school.
- We take part on the 'Food Dudes' programme.
- All classes will receive at least one lesson on healthy eating each term.
- School staff will provide supportive attitudes to encourage healthy eating.

We are very dependant on parents/guardians to implement this policy. We ask them to provide a healthy lunchbox for their children. Better diet, better health and better concentration. Nutritionists recommend we should all be conscious of the food pyramid.



Guidelines:

- A healthy lunchbox contains a piece of food from the lowest 4 levels of the Food Pyramid.
- Snacks for small breaks include fruit, vegetables, flapjacks, yogurts, cheese, crackers, raisins.
- Healthy fillings for sandwiches are encouraged – No chocolate spread.
- **There is a total ban on nuts, nut products and kiwi due to serious allergies of some of our pupils.**
- Water is encouraged, although juices may be used as an alternative.

Foods that are encouraged:

Whole fresh food	Batons of raw vegetables	Couscous
Soup / Salads	Pasta/rice/beans	Tinned fish in brine
Salad in sandwiches	Fruit chunks in easy to peel packs	Egg
Crackers/ bread sticks	Rice cakes	Turkey
Ciabatta/Focaccia bread	Potato salad	Plain digestive biscuits
Nan bread	Cheese	Popcorn
Wraps and rolls	Ham	Yogurt
Pitta bread/bagels	Chicken	Houmous
fruit muffins	Olives	Oat cakes
home baking		Sugar free jelly pots

Healthy choices of drink include water, milk, unsweetened natural juice, smoothies. Children should be encouraged to use re-usable containers for safety reasons. Cans and glass bottles are not permitted. According to the HSE 'there is no recommendations for the amount of water or other fluids children need. However, like adults, to stay healthy it is important for children to replace the water they lose to prevent dehydration. It is also important to remember that children will lose more water in hotter climates and when they have been physically active.'

<http://www.hse.ie/eng/health/az/D/Dehydration>

Foods that are not encouraged: Crisps, sweets, toffee, croissants, chocolate biscuits, fudge, doughnuts, Pringles, sweet pastries.

Foods NOT allowed in the school: Nuts, kiwi and chewing gum and energy drinks.

Exemptions:

Fridays – Children are allowed to bring a treat such as 1 bar (must NOT contain nuts)/1packet of crisps.

Children will be allowed to have a treat day at the end of term parties.

Timetable for review – on going

Reviewed and ratified: 17-9-2019

Reviewed and ratified: 13-5-2025

Signed: _____
Chairperson BOM