



Dunderrow National School

Healthy Eating Policy



Introductory Statement

Dunderrow National School is a Health Promoting School since 2006. Its first Health Promoting Status (HSE) Flag was awarded in 2010 and Health Promoting Status has been maintained every year since, hence a second flag was awarded to Dunderrow NS in June 2015.

Completed surveys, discussion with parents, children, staff, Parents' Association and Board of Management and HSE Guidelines resulted in a Healthy Eating Policy being put in place for Dunderrow National School in 2007. This was updated in 2011 and has recently been reviewed again in October 2016 to meet the current needs of the school.

Relationship to Characteristic Spirit of the School

Dunderrow National School is committed to promoting the holistic well-being of all of the pupils in its care, developing the spiritual, emotional and physical potential of each individual. The school strives towards developing the full potential of every pupil in communication, literacy, numeracy and relevant life skills.

It is acknowledged by all parties that there is an important connection between a healthy diet and a pupil's ability to learn effectively which results in improvements in concentration and behaviour. This in turn assists pupils in achieving their full potential.

Rationale

The purpose of this healthy eating policy is:

- To follow the food and nutrition guidelines issued by the Department of Health and Children - Eat Smart and Move More (published in 2013), DES Guidelines Circular 0013/2016
- As part of the Health Promoting School Initiative the school will make available H.S.E. information with regards to Healthy School Lunches explaining the food pyramid and the benefits of eating a healthy diet. The food pyramid outlines an excellent common sense approach to healthy and balanced eating. (See Food Pyramid, HSE Guidelines in Appendix 1)
- To ensure pupils and parent(s) / guardian(s) become aware of the importance of food for growth and development as part of the S.P.H.E. curriculum through the medium of
 - ❖ Strand Unit: Taking Care of My Body: Food and Nutrition (Curriculum Junior Infants – 6th Class)
 - ❖ Making choices (See Teacher Curriculum Guidelines p 11-13)
 - ❖ Inviting parents and outside agencies to assist in the promotion of healthy living through cookery, nutritional workshops and using HSE initiatives such as Food Dudes Programme which was rolled out during the 2014-2015 school year.

Aims

The aim of this healthy eating policy is to ensure that all aspects of food and nutrition in Dunderrow National School promotes the health and well-being of pupils, staff and visitors to the school.

Our school also acknowledges that it can play a role in the wider community to promote family health.

Through the promotion of healthy eating our school aims to:

- ❖ Improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- ❖ Present consistent informed messages about healthy eating within school and encourage pupils and parents to make wise choices about food and nutrition.
- ❖ To raise levels of pupils' concentration within class due to consumption of healthy food.
- ❖ To encourage pupils to eat a healthy lunch.
- ❖ To encourage parents to ensure that children are given a healthy breakfast before school.
- ❖ To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc. and to recycle all food and drinks products, where applicable.

Dunderrow National School will work toward these aims with the school health promoting committee, parent(s) / guardian(s), teachers and health professionals

A Healthy Lunch

At present we encourage all members of the school community to bring a healthy lunch daily. A healthy lunch is defined as something taken from each of the bottom four shelves of the food pyramid, which is in line with the Dept. of Health directive on Healthy Eating.

Lunches should be composed of a variety of foods and include at least one item from the different food groups.

There should be something in the lunch box from:-

1. Fruit and vegetable group – Some typical choices are a whole fruit, a fruit juice drink, vegetable soup, salad or cooked/raw vegetables.
2. Cereal group – Foods such as bread, rice, pasta, potatoes or pitta bread.
3. Dairy group – Milk, cheese or yoghurt
4. Protein-rich food – Meat, chicken, fish, egg, beans, peas, lentils or cheese.

The following foods outlined below in Category 1 are suitable for lunches:

Category 1

Whole fresh fruit	Fruit juice	Vegetable soup	Batons of raw vegetables
Salad vegetables in sandwiches	Wraps and rolls	Crackers	Sandwiches
Fruit chunks in ready to peel packs	Rice cakes	Bread sticks	Pasta salad
Homemade fruit salad	Potato salad	Rice salad	Bean salad
Cheese triangles	Pasta salad	Yoghurt drinks	Smoothies

Tinned fish in brine	Fromage frais	Yogurt pots	Cheese
Chicken	Turkey	Beans	Ham
Egg	Oatcakes-homemade	Flapjacks	Milk/water/non Fizzy drinks
❖ Nuts	Dried Fruits	Hummus	

Treats and Celebrations

- Food from the top shelf of the food pyramid - “a treat” (treat size being recommended), will be allowed on Friday or at end of term parties.
- Food choices for school special occasions and celebrations will be directed towards more healthy options as agreed by all parties.

One of the following foods in Category 2 are allowed only as a Friday treat/special occasions:

Category 2

Chocolate sweets	Popcorn - treat size	Tortillas	❖ Nuts
Biscuits-all types	Doughnuts	Chocolate bars-treat size	Muffins/Buns
Sweets – treat size	Danish pastries	Small piece of cake	Fudge
Croissants	Cereal Bars		

Health & Safety

- ❖ Nuts in appropriate quantities can be in either categories but periodically nuts may ***not*** be allowed at school or in a particular class where a child is prone to a nut allergy. If you have any suspicion that a child may currently have or may be developing a food allergy please inform the pupil’s class teacher.
- ❖ On the grounds of health & safety gum is not allowed in school at any time

The following foods are ***not*** allowed at any time:

Crisps and similar bagged corn/potatoe products e.g Snax, Hula Hoops, Pringles etc.	Fizzy Drinks	Sports drinks
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Lunchbox Guidelines

As children respond better to routine and regular meals (see appendix 3 - HSE Meal Planner guidelines) the following recommendations will be promoted as guidelines for a healthy lunchbox

- * All children should have a lunch on a daily basis.
- * Lunch portions given should be age appropriate so as to maintain a healthy weight for your child (see appendix 2 - Portion Control is Weight Control).
- * Lunch size and content should be determined to meet the needs of an individual child.
- * Using DES Guidelines children will be given time to eat lunch in class before play. It is imperative that children with encouragement from parents and teachers eat lunch during this time.

Drinks

Drinks, which are encouraged, include milk, water, natural fruit juices and yogurt drinks. Outdoor water fountain is available to all children at school. Cartons of juice with high sugar content e.g. Ribena, Capri-sun, etc. should be kept as a Friday treat.

We encourage all parent(s) / guardian(s) to support the policy in the interest of their own child's health, nutrition and the benefits of healthy eating.

A copy of the Healthy Eating Policy will be included as part of the enrolment pack for new pupils enrolling at Dunderrow National School and will be on view in school and on school website.

The Parents' Association of Dunderrow National School will also promote this policy.

Success Criteria

We will know that the Healthy Eating Policy is effective if all the children bring healthy lunches to school.

Roles and Responsibility – by all parties involved in your child's education

The Healthy Eating Policy will be supported and developed the school will co-ordinate the progress of the policy, encourage and accept feedback from parent(s) / guardian(s) and pupils on its implementation.

Timeframe for Implementation

The Healthy Eating Policy has been fully implemented since September 2007

Timeframe for Review

The Healthy Eating Policy will initially be reviewed annually and updated.

Responsibility for Review

The Board of Management will be responsible for the review

Ratification and Communication

This Healthy Eating Policy has been ratified by the Board of Management of Dunderrow National School at a meeting held on 26/04/2007 and has been implemented as and from September 2007.

Signed: Joseph O' Leary

Date: 26/ 04/ 2007

Chairperson Board of Management
Dunderrow National School.

The ratified policy will be available on request at the school.

This policy was reviewed and ratified by the Board of Management in April 2011

Signed: *Noel Henderson*

Date: 14th April 2011

Chairperson Board of Management
Dunderrow National School

Present review and ratification completed by the Board of Management in November 2016

Signed: *Eamon Judge*

Date: 14th November 2016

Chairperson Board of Management
Dunderrow National School