

# Healthy Eating Policy



## **RATIONALE:**

Healthy eating is central to a person's overall wellbeing. Our aim in Anglesboro NS is to promote healthy eating choices and habits from an early age. Circular 13 / 2016, 'The Promotion of Healthy Lifestyles in Primary Schools', highlights the importance of activity in schools in conjunction with healthy eating. While regulating food intake is not the job of the school, the school must support healthy eating practices through the promotion of healthy lunches, snacks and physical activity. The school will educate the pupils using the SPHE and SESE Science curricula. This policy was developed with the assistance of the teaching staff of Anglesboro NS. The student council also provided invaluable input to this policy's formulation and review.

## **LUNCH AND BREAKS**

As the school is now participating in the Hot School Meals Programme, your child's lunch will be provided in school. Please encourage your child to try a variety of different meals from the Gourmet Kids school lunches menu. These lunches are nutritious and well balanced, helping your child to grow stronger and thrive in their daily school life.

Your child will need a small healthy snack sent to school for break:

Examples of healthy snacks are as follows:

- Fruit and vegetables: 1 medium sized fruit (apple etc.) / 2 small fruits (plum) / dried fruit / carrot sticks
- Dairy: low fat yoghurt, cheese
- Breads: Crackers
- Meat/Meat alternatives: 2 slices of cooked meat/eggs/fish/hummus

A child in 5<sup>th</sup> or 6<sup>th</sup> Class with a large appetite may need a small sandwich or wrap to supplement this small snack.

## **FOODS TO BE DISCOURAGED**

Any foods known to be high in sugar, saturated fat, salt, additives & preservatives, including, but not limited to, the following:

- All chocolate spreads
- Chocolate bars
- Chocolate croissants
- Sweets
- Cakes
- Biscuits
- Sweetened fruit juice
- Crisps & similar products
- Popcorn
- Lollipops
- Fruit winders
- Fast food eg. sausage rolls, nuggets, hot dogs etc.
- Fizzy drinks
- High sugar cereal bars
- Chewing gum

If deemed appropriate by the class teacher, unsuitable items will not be permitted in school and will be returned home. Children can have one small treat on Fridays only. For example: 1 fun size bar (eg. Freddo etc.) 'Normal' or large sized bars, treats, crisps, popcorn, sweets and lollipops should not be brought to school on Fridays.

End of term parties / treat days will continue at the class teacher's discretion. Certain events throughout the year e.g. Christmas, Easter, sports finals may be celebrated with a treat to mark the special occasion.

Too much sugar in a child's diet can lead to tooth decay, hyperactivity, increased risk of obesity and Type 2 Diabetes - We therefore ask that parents are mindful of the sugar content in so-called 'healthier' snacks.

### **Parents' Support for this Policy:**

Informing your child about the importance of healthy eating will have a huge bearing on the food choices children make. Perhaps parents could make preparing the lunch a fun activity and children could be involved in preparation of the lunchbox the evening before school. Further information about healthy eating, a balanced diet and sugar content can be found at: [www.safefood.net](http://www.safefood.net) .

As we are a 'Green school' and strive to promote environmental awareness and care, we encourage parents to reduce the use of plastic packaging in lunches.

The school will continue to communicate with parents throughout the year with regard to our Healthy Eating Policy. We welcome any feedback from parents regarding the promotion of healthy eating in our school.

**The School's Promotion of this Policy:**

Here in Anglesboro NS, our aim is to promote and encourage healthy eating in a positive and supportive way - by praising and complimenting healthy lunchboxes as opposed to highlighting the unhealthy ones.

The children will learn about healthy eating and foods in class when aspects of the Science and SPHE curricula are being taught.

Healthy eating will be rewarded by teachers selecting a 'Healthy Eater of the Month' for our monthly assemblies.

Rather than using treats as a reward for children, teachers are encouraged to use physical activity such as Go-Noodle, extra yard time or extra PE time.

Our school will take part in a variety of healthy eating initiatives throughout the school year, such as 'Food Dudes'.

Our Healthy Eating Policy will be implemented in all classes throughout the school in collaboration with our school's Well-Being Policy – After all, healthy eating has a hugely positive impact on a person's general well-being.