

LISHEEN NATIONAL SCHOOL



Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Lisheen National School we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor in determining general and oral health. Research indicates a strong link between diet, good health, performance and overall well-being (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we introduce an updated healthy eating policy starting from August 2024.

AIMS / PURPOSES

1. To encourage healthy eating.
2. To improve dental hygiene.
3. To encourage children to experience a wide variety of food.
4. To help the children understand the link between a healthy diet and a healthy, active lifestyle.
5. To educate children for living and for life.
6. To improve the children's concentration and energy levels.

PROCEDURES/GUIDELINES

The staff will encourage healthy eating and educate the children in S.P.H.E. lessons and throughout the day informally.

The first 15 minutes of lunch break will be spent in the classroom at their desks where they will be encouraged by the staff on duty to eat their lunch.

Children will be encouraged to participate in Sporting Activities as part of the school's healthy/eating lifestyle policy.

Small break is designated "Fruit Break" and all children are encouraged to eat fruit and veg.

The following guide is designed to help you provide quick, appetising, nutritious and tooth-friendly lunches for your children;

Bread & Alternatives

Savouries

Bread, wraps or rolls

Lean Meat

Rice – wholegrain

Chicken/Turkey

Pasta – wholegrain

Tinned Fish e.g. tuna/sardines

Pitta Bread

Potato Salad

Wholemeal Scones

Soup

Bread sticks

Crackers /Oatcakes

Plain rice cakes/ Corn cakes

Fruit & Vegetables

Drinks

(Ideally these should make up half of the lunchbox)

Apples, Banana, Peach

Mandarins, Orange segments,

Water

Fruit Salad, Plum, Pineapple cubes

Grapes, Cucumber, Sweetcorn, Tomato,

Peppers, Carrots

The following foods should not be included in school lunch boxes on a daily basis. These are considered 'treats'.

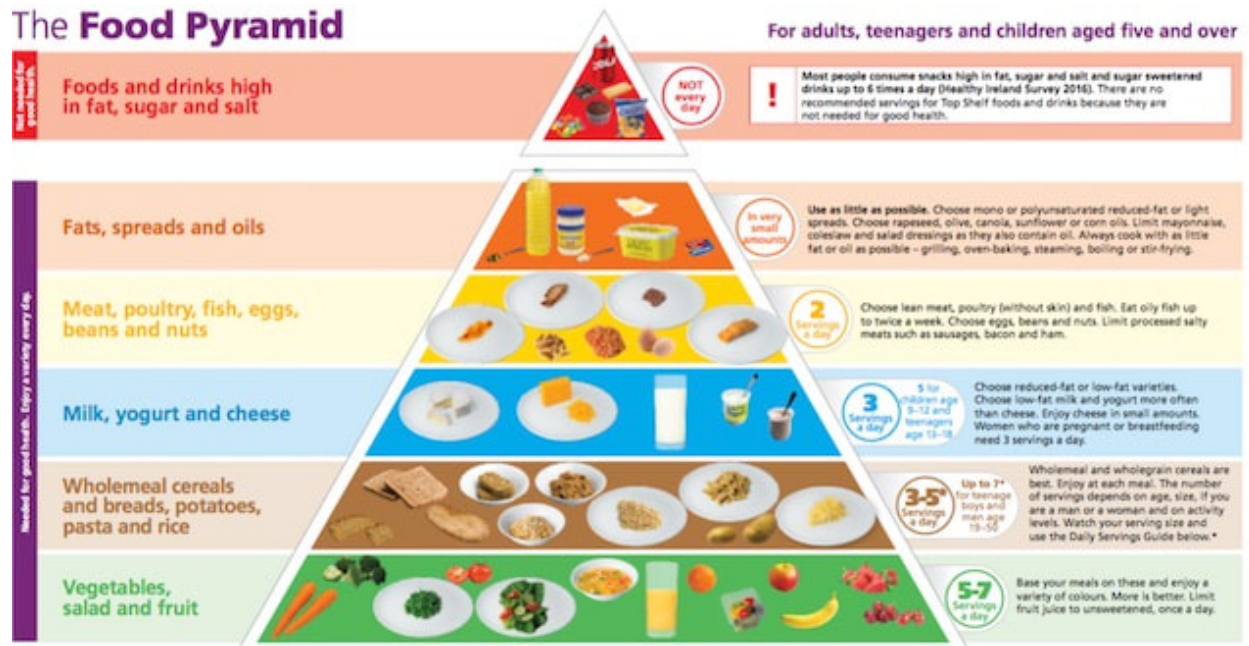
- Crisps
- Sweets
- Chocolate
- Biscuits
- Buns

Under **no circumstances** can the following foods be brought to school

- Nuts or products containing nuts (including nut butters/ Nutella)
- Sesame Sticks (due to allergies)
- Fizzy or energy drinks
- Lollipops
- Chewing gum.

A healthy lunch box;

Please refer to the Food Pyramid below as a guide.



See www.safefood.eu and www.fooddudes.ie for more lunch box tips and information on the Food Pyramid.

Green Flag School

As we are a green school we ask children to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons

Free choice Fridays

The children can be given the choice of a 'treat' on Fridays, school tours, and special occasions within reason. (Suggestions include a fun size bar, biscuit or bun)

Any 'treats' given by outside parties e.g. a visitor, GAA celebration, will be given to the children on the **Friday** of that week only. We will encourage visitors to celebrate with a 'No homework' pass or other non- food related rewards were possible.

Children may be given 'treats' on special occasions during the year such as Halloween, Christmas holidays, end of year party. Again, these treats will be handed out on **Friday only** of that week.

Alternative arrangements will be made for children with medical problems such as diabetes in conjunction with the child's parents/guardians. Please let the class teacher know if you do not wish your child to receive these occasional treats.

Birthdays

If your child's birthday falls on a school day and they want to celebrate with a treat for the class, it can be handed in on the **Friday of that week only**. This way all parents in our school community are aware that treats may be given on a Friday and no other day.

Birthdays can be celebrated during the week in other ways e.g. giving privileges/ stickers/ class leader etc.

Food Intolerance/ Allergies

Due to serious allergies in our school we are now a complete **NUT-FREE School**. If children are allergic or intolerant to certain foods e.g. Wheat allergies, coeliac, nut etc., the school must be informed in writing and this will be added to the child's enrolment document and to their class held pupil profile. This is particularly important for children who may get a diagnosis during the school year that the teacher is previously unaware of.

This policy will be circulated to all families in the school via the school web-site. A copy will be available to view in the office.

It is hope that all parents will actively support this policy.