



ST. JOSEPH'S NATIONAL SCHOOL, CONG

SCOIL NAÍSUINTA NAOMH IOSEF, CUNGA

ROLL NO: 13686L



Healthy Eating Policy

S.N. Iosef Naofa (Cong National School)

As part of the Social, Personal and Health Education (SPHE) Programme, we at Cong School encourage our 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 influencing health. Research indicates a strong link between diet and performance. For example; 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.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.


The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and cooperation. In promoting this objective, we will:

- Inform parents about the school healthy eating policy and practice;
- Encourage parents to be involved in reviewing school policy and making modifications to it.


Developing a healthy attitude to food and helping children to develop good habits is seen as an important part of school life.


Aims

- To encourage a positive attitude to food
- To promote a healthy diet
- To educate about different foods
- To promote good eating habits
- To encourage children to have a healthy diet
- To inform the adults of the school community about healthy eating in school
- To have a healthy school community

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The following guide is designed to help parents provide quick, appetising, and nutritious lunches for our children:

Bread & Alternatives	Savouries
Bread or rolls (preferably whole-meal, whole-grain or whole- wheat varieties) Wraps Pitta bread Bread sticks Rice – wholegrain Pasta – wholegrain Wholemeal Scones/ Crackers.	Lean Meat (e.g. chicken/turkey, ham) Eggs Tinned Fish eg tuna/sardines/salmon Potato Salad Hummus
Fruit & Vegetables Apples, Banana, Peach Mandarins, Plums Orange segments Fruit Salad, dried fruit Pineapple cubes Grapes Cucumber, Sweetcorn, Tomato Pepper slices Carrot batons	Drinks Water is the ideal choice. Unsweetened Diluted Cordials. Dairy Yoghurts Cheese (triangles/slices/ small blocks of cheddar/gouda/edam etc)

Pupils should be encouraged to have a role in preparing their own lunches and meals in order to promote responsibility or their own health and nutrition.

Water

We encourage children to bring in a water bottle (that can be recycled) or reusable, so they can have access to water throughout the day. Hydration is important for concentration.

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Nuts (due to a number of Nut allergies in our school)
- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets or bars
- Cake/s
- Chocolate biscuits/bars
- Cereal bars (these can often contain as much sugar as chocolate bars)
- Chewing gum

Treats: Teachers/SNAs will decide on treats for special occasions.

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Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or sweets to school except on end of term party days.

Parents/Guardians of any child with a medical condition which requires a special diet should contact the school Principal to discuss same.

NB We operate a NO Nut Policy in Cong NS which includes all nuts, nut butter spreads and chocolate nut spread such as Nutella.

Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring chewing gum, crisps, chocolate bars or sweets to school except on end of term party days

Role of School Staff

- To promote and encourage healthy eating.
- To educate children by teaching the appropriate content from the curriculum

Communication and Ratification

A copy of the reviewed policy will be sent to all parents and a copy will be included in the enrolment pack for new pupils. The policy will be published on the school website

Signed: _____(Chairperson)

Signed: _____(Principal)

Date: _____

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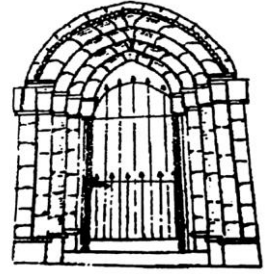





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