



Healthy Eating Policy

What we eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school.

St. Joseph's Healthy Rating Policy promotes:

A healthy body and a healthy mind. This ultimately will enhance concentration and learning. The school sees a Healthy Eating policy as being an integral part of the Social, Personal and Health Education (SPHE) and Physical Education (PE) curricula.

It aims to:

- Help all those involved in our school community including children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
- Encourages children to eat a variety of foods from the recommended food pyramid.
- **Protect the environment by using recyclable containers and discouraging waste.**
- Combat the growing problem of obesity.

Healthy Eating Guidelines

Each parent will be given the Healthy Eating Policy on admission to school.

Regular lessons will be taught at all class levels as part of S.P.H.E. / Science programmes on the value of healthy eating.

It is important that children have breakfast before school. The importance of breakfast is to help concentration at school.

Each class will be given the opportunity to attend the Breakfast club throughout the year on a two-week rotational basis.

The following are examples of healthy eating at breakfast time: wholegrain or high fibre cereal or porridge, wholegrain bread or toast with low fat spread, small glass of unsweetened pure fruit juice or fresh fruit (grapes/ banana/ apple / orange/ strawberries), poached egg, scrambled egg, boiled egg or beans.

Choices are regularly made by the children themselves from a menu.

Children receive free little break and big break lunches. Little break consist of a choice of fruit (apple/ banana/ orange) or choice of yogurt/ crackers and cheese. Big lunch consist of a choice of a wholegrain sandwich or roll with a choice of low-fat spread with salad/ cheese/ cheese salad/ tuna and sweet corn / ham/ ham salad/ egg salad / chicken / chicken salad/ crackers /crackers and cheese and a choice of fruit - a banana/ apple / orange.

Healthier choices of drinks include milk which is available in the school and plain (tap) water,

which children may bring and avail of throughout the day. Pure unsweetened juices or well diluted sugar free squashes (1:10) may be included but only as part of their main lunch meal, to reduce the risk of tooth decay.

Other drinks such as sweetened fruit juices, juice drinks, squashes, fizzy drinks (including diet drinks and sparkling water) are not permitted due to their sugar and/ or acid content, as these are also harmful to teeth.

Parent Support

Healthy eating and maintaining an active lifestyle begins at home.

Encourage children to eat balanced diet lots of fruit, vegetables, dairy food, meat and cereals. Parents should inform teachers of any food intolerance / allergies that their child may have. Parents can promote a healthy attitude towards eating and physical activity, .

Teacher Support

Teachers can organise and promote events which promote healthy eating, oral health and physical activity.

Teachers and students can plan healthy eating activities together.

Teachers can encourage healthy eating in an interesting and cross-curricular way. Teachers themselves can give good example of healthy eating.

Teachers can encourage children to eat their lunches.

As children spend a significant portion of their day in school national recommendations encourage children to get at least 60 minutes of physical activity per day and. We endeavour to encourage a variety of competitive and non-competitive physical activities within the school.

Pupils can help themselves

Pupils can be adventurous in their menu choices and activity choices. Pupils can give good example to their family and friends.

Pupils can sit down quietly and eat their lunch in the time frame allowed, this will give them time to get out, chat and play games.

Pupils can ensure that their parents are aware of their lunch choices Pupils can support each other to implement the Healthy Lunches Policy. Pupils will develop awareness of poverty in areas of the world.

Success Criteria

The success of the guidelines will be assessed by: Teacher's observation regarding implementation.

Parent & Pupil satisfaction and feedback.

Timeframe for Review

A review of the effectiveness, usefulness and implementation of the guidelines will take place in 2017.

Responsibility for Review

A group of pupils, parents, teachers and senior management working together under the auspices of the H.S.E. Health Promotion Coordinator will review these guidelines.

Ratification and Communication

- Staff and the Board of Management agreed the guidelines.

REVIEWED by school community Sept 2017

This policy will be reviewed by the B.O.M in **June 2018**.

This policy was reviewed by the BOM on 7th February 2023

Date: _____

Sr. Joan Watters

Chairperson, B.O.M

Date: _____

Dr Rosalyn Morris

Principal