# Kilcommon National School

**Tinahely**

**Co Wicklow**

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# HEALTHY EATING POLICY - Jan 2015

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10. **Overview**

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

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

1. **Relationship to ethos of the School:**

Kilcommon National School seeks to help the children to grow and develop into healthy, confident, mature adults, capable of realising their full potential as human beings. Developing a healthy attitude to food and helping children to develop good habits is seen as an important part of school life.

1. **Aims**

* To encourage a positive attitude to food
* 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

1. **Objectives**

* To enable each child to appreciate the importance of good nutrition for growing

and developing and staying healthy

* To enable each child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced curriculum
  + There are many opportunities in the primary school curriculum for learning about the importance of living a healthy life
  + The importance of balanced nutrition and healthy food choices is explicitly taught through the SPHE curriculum. Food and Nutrition is an important part of the Strand Unit: *Taking Care of My Body* at each class level and is taught each year. These themes are also dealt with in other subjects such as Science.
  + As part of our environmental awareness programme and in keeping with our Green schools status, lunches should be packed in recyclable boxes where possible, avoiding the use of tin foil, cling film and plastic bags. All litter and uneaten food is to be taken home.

1. **. School guidelines and practice**

* Water:

We encourage children to bring in a water bottle so they can have access to water throughout the day as we recognise that hydration is important for concentration.

* Snacks:

*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:

* + Crisps (including crisp-style snacks)
  + Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
  + Sweets or bars
  + Cake/s
  + Chocolate biscuits/bars
  + Chewing gum
  + Fruit winders
* Treat Day

Friday is treat day. On treat days pupils are allowed a small portion from the top shelf of the food pyramid e.g. small size chocolate bar/small iced bun/biscuits.

* Special events

Special events and celebrations e.g. Green Flag days, food festivals, end of term parties, classroom rewards etc On these occasions, pupils may bring treat foods in to school or they may be offered by the school.

* Allergies:

Parents or carers of children who are on special diets for medical reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information and guidance will be relayed to all staff and families as deemed necessary.

1. **School initiatives**

Pupils will get the opportunity to participate in various initiatives which support the Healthy Eating policy in Kilcommon. The following list is non exhaustive:

The Fude Dudes programme

The Cool Dudes cookery programme

Green schools programme

The Active School programme

1. **Review**

This policy will be reviewed every four / five years or as deemed necessary;

1. **Communication**

The policy will be published on the school website ([www.kilcommon.net](http://www.kilcommon.net))

1. **Ratification**

This policy was ratified by the Board of Management of Kilcommon National School.

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Signed. DATE.