



Knocknacarra Educate Together
National School

Healthy Eating Policy

This policy has been formulated by Knocknacarra ETNS to provide guidance to parents, teachers and children regarding the development of healthy eating habits among the children in our learning community.

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Introduction and Background

This school policy on healthy eating was written in consultation with parents and approved by the Board of Management of Knocknacarra Educate Together NS. The school endeavours to educate the whole child, ensuring each child reaches his or her full potential and develop habits that lead to long-term health and well-being.

Rationale, Aims and Objectives

This policy is required for the following reasons:

- To help children improve concentration, learning and energy levels.
- To support parents and children make healthy enjoyable decisions around food.
- To develop nutritional awareness.

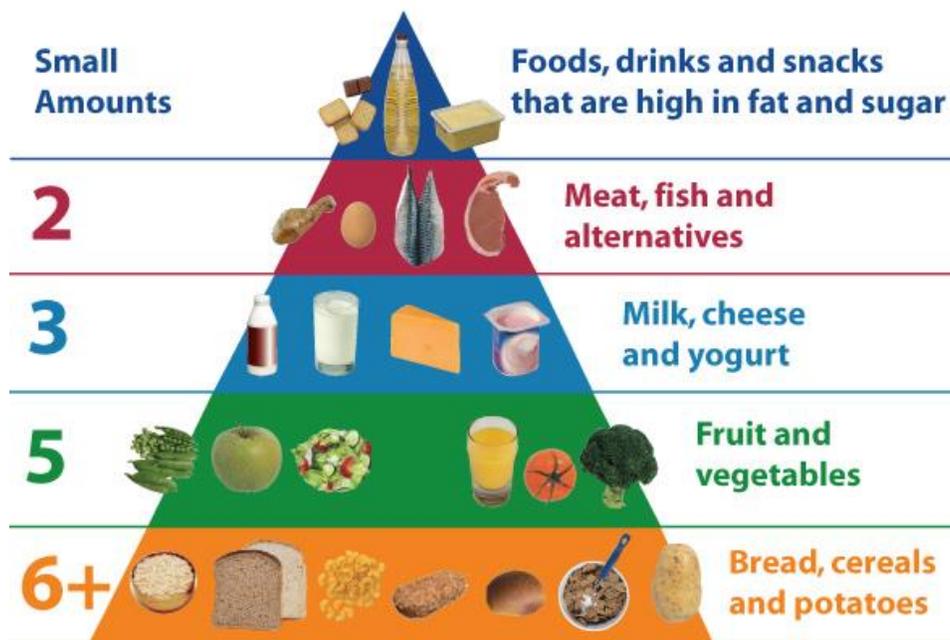
Policies and Procedures

Promoting Healthy Eating

- As part of the SPHE curriculum and integrated with the other subjects, healthy eating will be taught on a regular basis, at least once per term. Both informative about nutrition and healthy eating as well as hands-on lessons, including cooking activities and science experiences, will help develop awareness of healthy, balanced eating.
- Advice for healthy eating, including recipe and lunchbox ideas, will be included in the school newsletter.
- School staff will provide positive modelling and supportive attitudes to encourage healthy eating.

Guidelines for Lunchboxes

- A healthy lunchbox includes an item of food from each of the four lower levels of the food pyramid.



- We encourage children to have Fruit First at little break (10.40-10.50).
- Glass bottles are not permitted for safety and litter reasons, though we encourage families to use reusable containers. Healthier choices of drink include water, milk, unsweetened juice.
- Some of the healthy options that are recommended include popcorn, fruit, vegetables, flapjacks, yogurt, fromage frais, brown bread, nuts (unless an allergy is reported to the school) and crackers. Parents are advised to check the sugar content in all foods.

Healthy Eating Policy – Knocknacarra Educate Together NS - 2016

- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment.
- Crisps, fizzy drinks, sweets, chewing gum and chocolate (in any form including bars, yogurt and spreads) should not be brought to school. If these items are brought to school, they will be sent back home in the lunchbox.
- In normal circumstances, children will not share food from their lunches to ensure that children's allergies and dietary preferences are respected.

Special Events

- On rare occasions, the requirements for healthy choices will be lessened for special events such as end-of-term potlucks and social events.

Summary of Roles and Responsibilities

Board of Management

- To review this policy regularly.

Principal

- To ensure staff and parents are aware of the policy.
- To facilitate the review of the policy.
- To include healthy eating ideas in the newsletter.

Class Teachers

- To teach lessons on healthy on a regular basis.
- To monitor lunchboxes and liaise with parents.
- To model healthy eating choices.

Parents and Guardians

- To provide a balanced lunch every day.

Children

- To make good food choices and experience a range of healthy options.
- To participate in lessons.

Implementation and Review

The policy has immediate effect and will be reviewed no later than 2019.

Ratification and Communication

The policy was ratified by the BoM on the date below. It will be posted on the school website in due course.

Date of ratification: 27th January 2016