



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 in 2016. It was reviewed through a consultation process with the Parent Teacher Association in 2021. 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

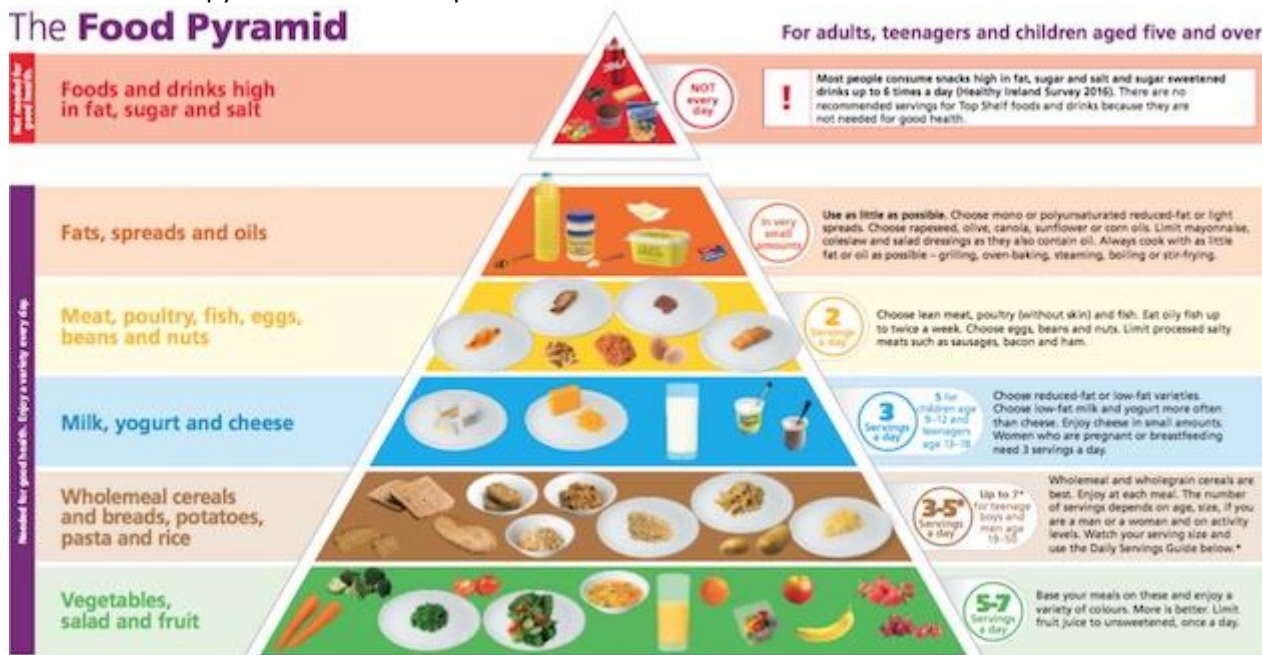
### Promoting Healthy Eating

- 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 uses the food pyramid as a reference guide for making choices of what to include. The items in the very top of the pyramid are not to be brought in lunches. Fruits and vegetables from the bottom of the pyramid are most important.

## The Food Pyramid



- We encourage children to have Fruit First, eating fresh fruits or vegetables at the first break.
- Glass bottles are not permitted for safety reasons, though we encourage families to use reusable containers. Healthier choices of drink include water, milk and unsweetened juice.

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- Some of the healthy options that are recommended include popcorn, fruit, vegetables, flapjacks, yogurt, fromage frais, brown bread and crackers. Parents are advised to check the sugar content in all foods.
- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect the environment.
- Parents are welcome to provide hot items in flasks.
- 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. On occasion, it may be necessary for particular foods to

### 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 2024.

## **Ratification and Communication**

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

Paul Adams, chairperson

Date of ratification: 24/03/2021