

Coralstown National School Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Coralstown national School we encourage the children to become more aware of the need for healthy food in their lunch boxes. In the revision of this policy pupils from fourth, fifth and sixth class discussed this issue in class.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. 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).

To promote healthy eating habits in our school, we have a healthy eating policy.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fiber (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask parents to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice - wholegrain
Pasta - wholegrain
Potato Salad
Wholemeal Scones

Savories

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese
Quiche

Bread sticks
Crackers
Pitta bread

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments,
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes, Berries
Cucumber, Sweetcorn
Tomato, Carrots
Coleslaw.

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

Drinks

We encourage children to bring water to school as a drink.

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
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn.

Green Flag School

Children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- Not bring in cans and glass - for safety reasons.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school. Coralstown N.S. is a nut-free school. It is very important that no-one brings items containing nuts or traces of nuts into school and that children wash their hands and face before coming to school if they have eaten something containing nuts or traces of nuts at home. Cereal bars, buns, cakes or biscuits not permitted in lunch boxes.

This policy was adopted by the Board of Management on 4th Oct 2016

Signed: Thomas Egan PP
Chairperson of Board of Management

Signed: Lena N. Dhuine
Principal

Date: 4/10/16

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Date of next review: Term 1 2020