

ST. PATRICK'S NATIONAL SCHOOL - HEALTHY EATING POLICY

The Aims of our Healthy Eating Policy:

1. To develop awareness in pupils that eating habits formed in early childhood can influence their health and well being throughout their lives.
2. To improve present day eating habits of some of the children.
3. To influence positively the future eating habits of the children.
4. To facilitate improved concentration and learning.

How we intend to achieve these aims:

1. Education.

Formal Learning. The children will learn about food as part of their S.P.H.E. Programme. During specific lessons, time will be spent familiarising the children with good nutritional practices. Emphasis will be placed on learning about the “Food Pyramid” which will show the children the different food groups. Students will be encouraged to choose from the food groups that will ensure an adequate intake of all necessary nutrients. Students will also be taught that energy-giving foods (e.g. sweets, chocolates etc.) are good when taken in moderation but if taken in excess will cause an imbalance in diet.

Informal Learning. Students will be praised for having healthy lunches – and healthy attitudes. Emphasis will be placed on what is a “good lunch”. The teachers role is to educate and encourage but ultimately it is the responsibility of parents to implement the healthy eating programme.

Curriculum Support. Use of outside speakers to support healthy eating. Essay / poster competitions.

Whole School Approach:

A whole school attitude to healthy eating will be encouraged. This will be formally demonstrated during lessons and informally expressed in school attitude to rewards and awards.

Healthy Lunches:

Children will be **encouraged** to bring at least one of each of the following:

- Protein filled sandwich (e.g. Cheese, cold meat, tuna etc.)
- Healthy drinks (e.g. water, milk, natural fruit juice, soup etc.).
- Piece of fruit.
- Other foods such as yoghurt, cheese etc.

Children will be **discouraged** from bringing foods including the following:

Fizzy drinks, sweets, bars, snacks, crisps and junk food. Chewing gum remains banned.

General

Teachers will inform students if they may bring “sweet” items on occasions e.g. Specific “treat” day, Christmas party, school tours etc. Such decisions will be at the discretion of the class teacher.