Kyle Park National School

Healthy Eating Policy

Title: Healthy Eating for All.

Rationale:

Kyle Park National School is committed to supporting the health and well-being of the whole school community, therefore the focus of this policy is to support parents, pupils and staff in relation to the promotion of healthy eating habits from an early age. 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).
Our lifelong eating habits are established at a young age. Therefore, learning to choose and enjoy lots of different foods in childhood provides the foundation for healthy food choices in adulthood.

Our policy was formulated by consultation with the pupils and staff of our school. The policy is being reviewed now, in light of the fact that the Lunchbag.ie are now our lunch providers. The Lunch Bag have confirmed that the food they produce is compliant with Healthy Ireland guidelines and that the nutritional value of their meals is submitted to the Department of Education. However, we have noticed that some new food items that are available to order, are not in line with our current policy. We want to encourage good choices in regards to choice of snacks and lunches.

Aims

- To ensure that all aspects of food and drink in school promote the health and wellbeing of the *whole school community.*
- To provide a foundation for healthy living in all its aspects.
- To promote the personal development of the child.

Guidelines

Lunch is an important meal for school-going children. It should provide foods from the bottom 4 shelves of the food pyramid – so it supplies them with some of the recommended daily allowance of nutrients, without being high in fat, sugar or salt. We ask you to encourage a healthy lunch right from the start.

The following are the suggestions made by the pupils of Kyle Park National School to promote healthy eating in our school:

- Become familiar with the updated Food Pyramid.
- Get involved in making our own lunches.
- Have a Healthy Living Week every year to encourage healthy living.

So, our guidelines are as follows:

DO Include some or all, of the following in our lunches:

- Water –Water is the IDEAL drink to bring to school and has so many benefits. If children need to refill, they can do so in school. We have our own water supply in school, which is of a very high quality It is tested every 6 months to ensure we maintain this quality.
  Miwadi is acceptable, but as an alternative, put a slice of your favourite fruit in the water to make it tasty.
- Fruit, including raisins.
- Vegetables – sliced carrots, broccoli etc.
- **Wholemeal** bread/pasta/rice, instead of white.
- Crackers, plain rice cakes or bread sticks.
- Meat/Chicken–unbreaded.
- Milk / Cheese / Yoghurt.
- Tuna
- Eggs.
- Popcorn – occasionally.

From Monday to Thursday, Do not bring:

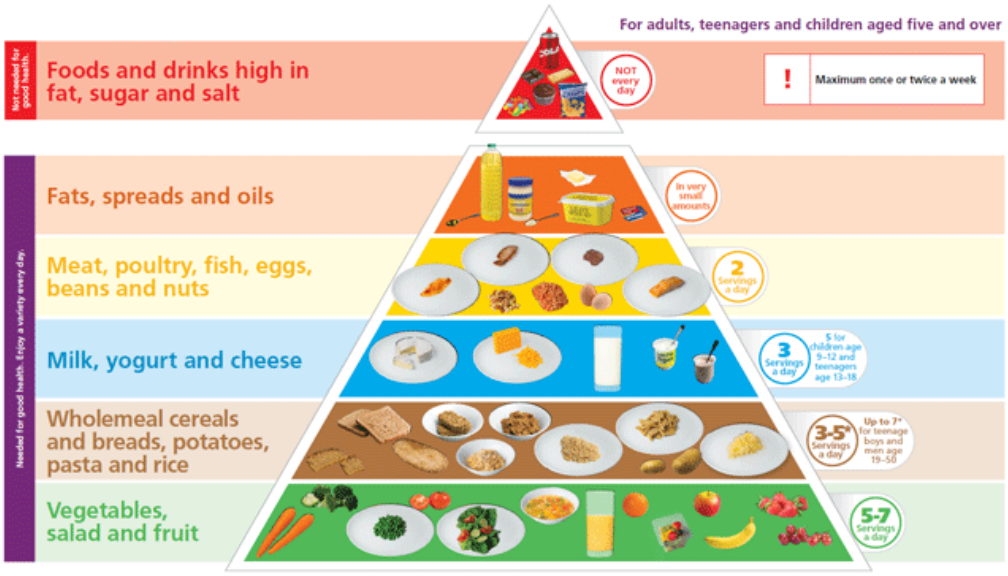
Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:
Crisps, Sweets, Chocolate, *including* chocolate spreads or coating,
Cakes, buns, muffins or biscuits of any type, even plain.
Chocolate covered rice cakes or biscuits.
Fizzy drinks, sports drinks or juices. No chewing gum please.
*Please note that many cereal bars, like Coco Pops and Rice Krispie bars, contain high quantities of sugar.

We are aware that some of the above are available on the Lunch Bag snack menu, so we are asking the Lunch Bag to reduce high sugar options. We ask that you encourage other, healthier options from Monday to Thursday.

Friday is now Treat Day, when children can bring in ONE small treat, along with their healthier snacks.
*REMEMBER to use a reusable water bottle – we are a Green School!

The Senior children have learned how to read the labels on foods, so please encourage them to continue doing so, in order to make healthy choices.

Update Food Pyramid:



Roles and Responsibilities in implementing our policy:

Parents are responsible for providing a healthy school lunch for their child(ren).
Children are encouraged to participate in making their own healthy lunch.
Teachers will explicitly teach about healthy eating as part of the SPHE curriculum.
Teachers, staff and parents will provide positive modelling and support attitudes to encourage healthy eating.
Kyle Park National School will review our Healthy Eating Policy every two years.
Parents/guardians of any child with an allergy which requires a special diet should contact the school.
Foods containing glucose will be given in case of a medical need.

Kyle Park National School's Healthy Eating Policy is available on our website at www.kyleparkns.ie or as a hard copy from the office if requested.

This policy was ratified by the Board of Management on _____.
It will be reviewed in 2 years.

Signed: _____.
(Chairperson, Board of Management)