



Áit do pháistí
A place for children

SCOIL BHRÍDE, ÁTH GARBHÁIN
ST. BRIGID'S SCHOOL, ATHGARVAN

Áth Garbháin, An Currach, Co. Chill Dara
Athgarvan, The Curragh, Co. Kildare

Scoil Bhríde

Healthy Eating Policy

Scoil Bhríde Athgarvan, Mixed National School, is a co-educational primary school under the patronage of the Bishop of Kildare and Leighlin. It is a mainstream primary school, catering for a full cross section of children. It operates within the regulations laid down by the Department of Education and Skills (DES) and follows the Primary School Curriculum (DES, 1999) which may be amended from time to time, in accordance with Sections 9 and 30 of the Education Act (1998). The Principal and the Board of Management fully subscribe to the principles of partnership, accountability, inclusion, respect for diversity, parental choice and equality, in developing and implementing all school policies.

1. Introduction

As part of the Social, Personal and Health Education (SPHE) Curriculum, we encourage children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education Curriculum supports children's physical development and fitness. The Science Curriculum also looks at the development of the body and deepens children's understanding of how their body grows and develops. This Healthy Eating Policy draws from the above Curriculum subjects as well as research and best practice to promote and support healthy eating at Scoil Bhríde.

In addition to the well-known health and dental reasons for healthy lunches, research has shown that healthy eating and a balanced diet contributes to good concentration and learning in children. Food and nutrition are central to the physical and cognitive development of children and young people, which in turn contributes to educational success. 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 fibre.

2. Aims

The aims of this policy are to:

- Promote the personal development and well-being of the child.
- Promote the health of the child and provide a foundation for healthy living.
- To encourage children to eat sensibly so that they can derive maximum benefit from the teaching and learning opportunities provided in the course of the school day.

Actions arising from these aims are to enable:

- Children to appreciate the importance of good nutrition for growing and staying healthy.
- Children to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.
- Parents to make the right choices in helping their children to eat healthily at school.

3. Healthy Lunch Suggestions

Following consultation with children, during Social, Personal and Health Education (SPHE) time, the following guide was designed to help parents to provide quick, appetising and nutritious lunches for children. This list is not exhaustive; it suggests some appropriate foods for your child's lunchbox. Due to a number of children in Scoil Bhríde with severe anaphylactic allergies triggered by nuts, Scoil Bhríde is a **Nut Product Free School**. Children and teachers in **all classes** are asked not to bring food to school with active nut ingredients. Children are asked not to share lunches in school to avoid sharing foods which may not be tolerated well by others.

Monday -Thursday

Bread & Alternatives	Savouries
<ul style="list-style-type: none"> ● Bread or rolls ● Rice or pasta ● Potato Salad ● Scones ● Bread sticks ● Crackers ● Pitta bread ● Wraps ● Rice cakes ● Healthy cereal bars (ideally homemade) ● Popcorn (not Manhattan as it may contain nuts) 	<ul style="list-style-type: none"> ● Lean Meat ● Chicken/Turkey ● Tinned Fish e.g. tuna/sardines ● Cheese ● Vegetarian Sausage ● Beans ● Chickpeas
Fruit & Vegetables	Drinks
<ul style="list-style-type: none"> ● Apples, banana, peach ● Mandarins, oranges ● Carrot sticks ● Cucumbers ● Melon slices ● Pineapple cubes ● Grapes ● Sweetcorn ● Tomato 	<ul style="list-style-type: none"> ● Water (*recommended and encouraged) ● Soup ● Milk (plain) ● Yoghurt drinks (yop) ● Water with fruit squash (no added sugar)

Fruit/ Vegetable Break

Children are encouraged to bring in a piece of fruit or vegetables each day for fruit/veg break. (**Fruit winders are not a fruit*)

Friday is 'Special Treat Day'

Friday is designated Special Treat Day. Children may bring **one** item from the list below, in addition to a nutritious lunch.

Suggestions:

- Biscuits,

- Hot chocolate
- Fruit Winders
- Chocolate snack bars (**fun size**)
- Small Bun
- **Fun Size** Bar
- **Funsized** Mini Jellies
- Home Baking
- Sugary / Chocolate covered Cereal bars (Kellogg's cereal bars, rice krispie squares etc.)

Foods and drinks not allowed in school

- All crisps and all related products including Snax, Pringles etc.
- Sugary drinks (including fizzy fruit-flavoured water, fruit juices, etc.)
- Chewing gum
- Lollipops
- Peanuts, or Nuts of any kind
Foods with active nut ingredients
Foods which may contain traces of nuts or peanuts (Manhattan popcorn) In particular Peanut Butter, Hazelnut Spread (Nutella),
Certain Muesli Bars, Chocolate Bars and Biscuits containing Nuts
No nut oils such as Peanut Oil

In the interests of fairness and equity for all, children who bring any of the above items to school or children who bring a treat into school on Monday- Thursday, will be asked to bring them home again in their lunchboxes.

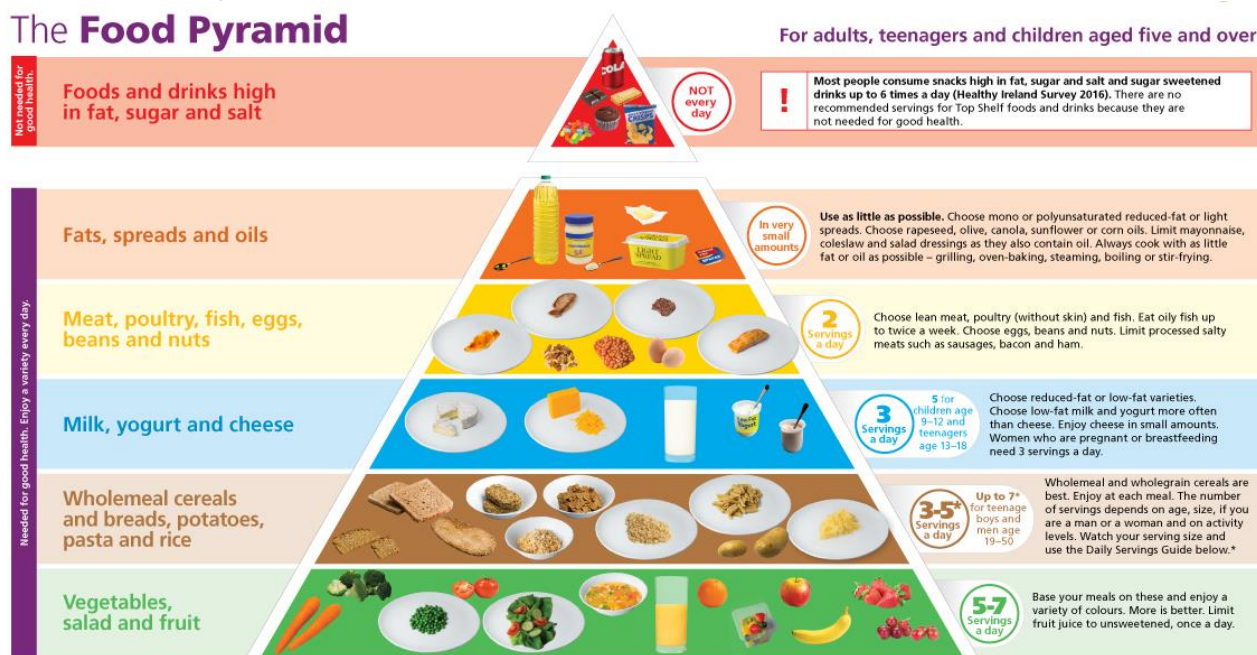
Scoil Bhríde is a **Green School** and with this in mind, we ask children to take home all uneaten food, silver paper, wrappings, containers and cartons.

Children with special dietary requirements

Children with special dietary requirements and/or allergies will at all times be facilitated to choose foods to suit their own individual requirements. Parents are asked to discuss this with the class teacher to avoid misunderstandings.

4. The Food Pyramid

The **Food Pyramid**



- The food pyramid is an important visual tool in communicating healthy eating messages.
- It is very important for children's energy and concentration levels that they eat a healthy breakfast before coming to school.
- A healthy lunchbox includes items from each of the first four shelves of the pyramid.
- Bottom shelves fruit and vegetables (vitamin and minerals rich) and carbohydrates (energy) are encouraged to ensure recommended daily portions are met.
- Any food from the top shelf of the pyramid is not allowed in school, with the exception of Fridays Special Treat days.

5. Scoil Bhríde Healthy Eating Policy: Monitoring and Reviewing

a. Success Criteria

Practical indicators of the success of this policy will be evident in healthy snacks and lunches for all children at the school and more likely, children who are fit and well.

b. Implementation and Timetable for Review

When finalised, this policy will apply from at Scoil Bhríde. This policy and related policies will be reviewed annually (or in line with a change in Department legislation) and amended if/as necessary.

c. Ratification and Communication

A print copy of the draft policy developed with children was provided for parents in May 2023 and children's homework was dedicated to discussing healthy eating and healthy foods for school with a parent at home. Following feedback, the policy was finalised and posted on the school's website.

This policy was reviewed by the Board of Management of Scoil Bhríde on .

Signed: Noreen Duggan
Chairperson

Date: 8th May 2023

Signed: Marion Sherlock
Principal

Date: 8th May 2023