

St Joseph's Primary School, Summerhill

Healthy Eating Policy

Rationale

October 2014:

At a staff meeting on 01/10/14, the teachers of Summerhill Primary School were agreed that our current Healthy Eating Policy needed review. The aim of this review was to establish healthy eating practices throughout the school in a manner consistent from class to class. It was agreed that this is a very important aspect of the children's education, given the growing rate of obesity amongst young children in Ireland.

Aims:

1. To heighten awareness of the importance of a balanced, healthy diet.
2. To encourage awareness of how packaging on food can lead to litter and greater amounts of refuse.
3. To provide a whole-school approach to healthy eating.
4. To encourage parents to adopt our healthy eating policy and thereby reinforce this aspect of education at home.

Foods which are forbidden in our School:

St Joseph's Primary School, Summerhill, has a healthy eating policy. We encourage our pupils to eat foods which are nutritious and beneficial to healthy growth and development. We discourage the eating of foods which are high in sugar, salt and fat.

The following foods are strictly forbidden in our school:

1. Crisps (any sort of crisps)
2. Bars, including cereal bars
3. Biscuits
4. Cakes and buns, including home-made
5. Chewing-gum
6. Sweets
7. Fruit winders
8. Jelly
9. Custard
10. Fizzy drinks
11. Pop-corn (choking hazard)
12. Any foods containing chocolate
13. Any foods containing nuts (allergy hazard)

Low sugar, plain and fruit yogurts only are permitted. Children must bring their own spoon to school.

Litter:

As the packaging of lunches can generate a large amount of waste, it is our policy to ask children to bring home any lunch-wrappers in their lunch-boxes. This is in keeping with our Green School status. Pupils will be asked to avoid using tin-foil and to use re-usable plastic bottles only for drinks.

Parental Involvement:

A letter, summarising this policy, will be supplied to all parents, see Appendix.

This policy was presented to the BOM and ratified on 13/10/14.

This policy will be reviewed in October 2015.

Healthy Eating Policy – Letter to Parents

Dear Parents / Guardians,

St Joseph's Primary School, Summerhill, has a healthy eating policy. We encourage our pupils to eat foods which are nutritious and beneficial to healthy growth and development. We discourage the eating of foods which are high in sugar, salt and fat as these foods can lead to health problems.

The following foods are strictly forbidden in our school:

1. Crisps (any sort of crisps)
2. Bars, including cereal bars
3. Biscuits
4. Cakes and buns, including home-made
5. Chewing-gum
6. Sweets
7. Fruit winders
8. Jelly
9. Custard
10. Fizzy drinks
11. Pop-corn (choking hazard)
12. Any foods containing chocolate
- 13. ANY FOODS CONTAINING NUTS (ALLERGY HAZARD)**

Low sugar, plain and fruit yogurts only are permitted. Children must bring their own spoon to school.

We request that parents do not send birthday cakes and treats to school as we have several children with food allergies in our classrooms. It is important that children eat only the food that is provided to them by their own parents.

St Joseph's Primary school is a Green School, so we ask that you cut down on the amount of packaging in your child's lunch. All lunch-wrappers will be sent home in the lunch-box. Please do not wrap foods in tin-foil as this cannot be recycled.

Please make sure that your child can manage his/her lunch independently.

Don't forget that a healthy breakfast helps children to concentrate and learn more in school. Your child won't learn if he/she is hungry.

We appreciate your cooperation with our healthy eating policy as we feel that this is an important aspect of your child's education.

Yours faithfully,

Tracy Ó Raghallaigh
Principal