



**Scoil Naomh Pádraig
Corr a Chrainn
Emyvale
Monaghan**

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *Scoil Naomh Pádraig* encourages the children to become more aware of the need for healthy food in their lunch boxes.

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 introduced a healthy eating policy starting from 14th February 2020.

Active Schools: We are a proud *Active School*, working towards our first Active School flag. This policy has been drafted with this in mind, promoting all aspects of healthy living and instilling these habits early in our children.

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 fibre (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 you 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
Bread sticks
Crackers
Pitta bread

Fruit & Vegetables

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

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:

- Nuts or products containing nuts (see below)
- 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.
- Chocolate spread in sandwiches – i.e Nutella

Savouries

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

Drinks

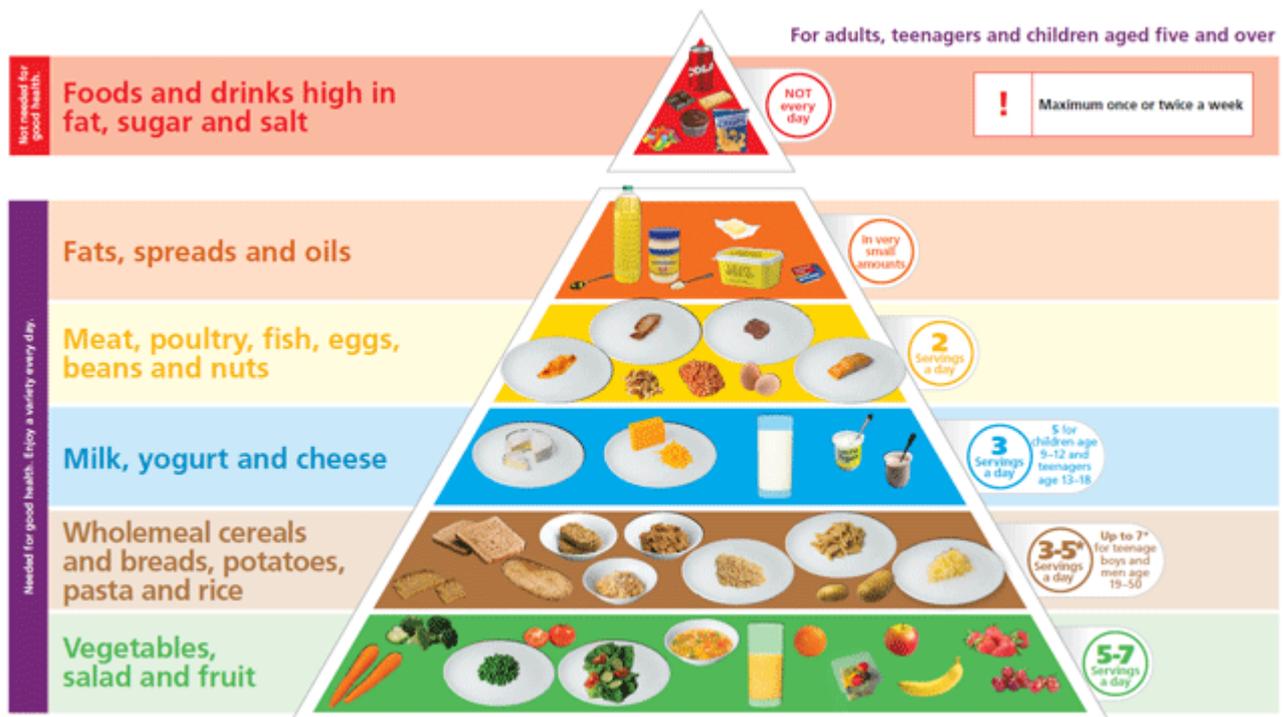
Milk
Fruit juices
Cordials, i.e. low sugar
Yoghurt



- Hot drinks and soup in flasks are a safety hazard and must not be brought into school.

So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

A very simple approach to healthy eating is to use the Food Pyramid:



Fats Sugar Sweets etc.	Sparingly
Meat, Fish Peas/Beans	2 portions per day
Milk, Cheese Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day



Nut free zone

As we have several children enrolled with nut allergies at Corracrin NS, there is a blanket ban on all nut and nut products being allowed into the school.

Treats

Treats **may only be allowed** on very special occasions, like the day before Christmas/ school holidays. The school will advise on this via text message or newsletter.

Green School

We are a proud Green School and very aware of our responsibilities regarding waste and over use of plastics.

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- 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.

This policy was ratified by the Board of Management & Parents Association on 13th February 2020. It will be reviewed in February 2022.

Signed: Darren Swift, Chairperson, Board of Management

Richard Baxter, Principal

13th February 2020