



SCOIL NAOMH TREASA

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HEALTHY EATING POLICY

This policy has been formulated by Scoil Naomh Treasa National School and is guided by the SPHE curriculum and healthy eating guidelines from the HSE to inform staff and parents of our **Healthy Eating Policy**.

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1. Introduction

In Scoil Naomh Treasa we have a strong tradition of healthy eating as part of our SPHE programme. We establish our eating habits at a young age. What we eat affects our immediate health and it will make a significant difference to how healthy we are later on in life. In Scoil Naomh Treasa both parents and teachers encourage the children to eat healthy food and we promote the link between healthy eating habits and a healthy lifestyle.

2. Rationale

Scoil Naomh Treasa cherishes all pupils equally. We aim with the involvement and cooperation of the entire school community, to assist each child to reach his/her full potential. To explore and become aware of the importance of food for promoting growth, keeping healthy and providing energy.

3. Aims

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefit of a healthy well balanced diet

- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives
- To develop awareness of the importance of food for growth and development
- To explore food preferences in a balanced diet

4. Benefits of Healthy Food Choices

- Promotes general health and well-being
- Provides energy to play and aids concentration
- Strengthens the immune system
- Ensures the development of healthy hair, skin, teeth, muscles and strong bones

5. Foods we recommend

- **Breakfast** A nourishing breakfast is the best start to your child's day giving them the energy needed to concentrate and learn. Research has shown that children benefit both nutritionally and behaviourally by eating a healthy breakfast.
- **Lunch:**
Include a wide variety of foods in your child's lunch box :
 - **Fruit and vegetables, starchy foods, protein and dairy**
 - Add interest to the lunchbox – try some of the following ideas:
Vary the types of bread; wraps, pitta bread, bagels, wholegrain bread /rolls, soda bread
Bread Substitutes: oatcakes, crackers, plain rice cakes, bread sticks, pancakes
Fillings: cheese, chicken, ham, turkey, pate, hummus, tuna, egg, lettuce, cucumber, tomato, salad.
Cold leftovers: for example: **rice, pasta, noodles**
 - **Fluids** are important for children – up to 6 cups of fluid should be encouraged daily. Milk and water are the best options. Straws and brightly coloured drinks bottles can make drinks more interesting!
 - **Snacks:** all types of fruit and raw vegetables, cheese, yoghurts, dried fruit - raisins.
 - **Drinks:** water, milk, smoothies.

For further ideas and suggestion for healthy lunch box ideas, please go to:

<https://www2.hse.ie/file-library/health-eating-active-living/healthy-lunchboxes>

6. Foods not permitted in school

- Fizzy drinks, sports drinks and caffeinated drinks

- Chewing gum
- Chocolate
- Sweets & winders
- Crisps
- Cakes & Buns
- Cereal Bars

We are a **nut free school**. Please note we have a ban on all nuts and nut products.

7. Notes

The dispersal / sharing of birthday cakes and treats is not permitted in Scoil Naomh Treasa.

Special Treats: Teachers may occasionally give sweets or treats as a reward/prize. Also, on specific days during the school year children will be permitted special treats:

- End of term parties
- School Trips
- Special School Celebrations

As part of our **Green schools Programme** it is important that packaging of school lunches be kept to a minimum. We encourage the use of plastic bottles which can be refilled and reusable sandwich bags are a good alternative to tinfoil and cling film.

Our school has taken part in the **Food Dudes Programme** on a number of occasions to promote the consumption of fruit and vegetables in school, and we encourage our pupils to continue to implement this good practice.

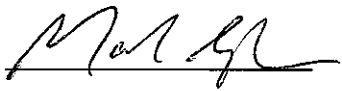
Teaching staff will continue to monitor the above recommendations to ensure our Healthy Food Policy is followed by all children and parents. Unsuitable food will be sent home in your child's schoolbag. Help us to encourage your child to develop a healthy and positive attitude towards food.

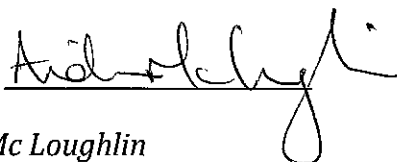
8. Success Criteria

- We receive positive feedback from parents in relation to our healthy eating policy.
- We receive positive feedback from staff in relation to healthy eating choices made by children.
- That all children become aware and improve their food choices to lead a healthier lifestyle.

9. Ratification and Review of Policy

This Healthy Eating Policy was adopted by the Board of Management on 15th February 2022.

Chairperson of BOM: Signed:  Date: 15/2/22
Fr Mark English

Principal: Signed:  Date: 15/2/22
Aidan Mc Loughlin