



Ennis National School Healthy Eating Policy

Introduction

The original Healthy Eating Policy was developed in January 2016 using the data collected from surveys carried out with the parents, pupils and teachers of Ennis National School. The policy was reviewed in April 2020 in consultation with the parents, pupils and teachers of Ennis National School. This policy has been developed to further the promotion of health.

Rationale

As part of the Social, Personal and Health Education (SPHE) Programme, we at Ennis National School encourage our children to become more aware of the need for healthy food in their lunch boxes. We feel it is of vital importance to educate the children in our school to develop healthy eating habits for life. By having this policy, we aim to encourage and develop these healthy habits and to allow them to make healthy choices in their everyday lives. Research indicates a strong link between diet and school performance. A healthy diet promotes concentration, protects teeth, lessens hyperactivity and reduces health risks in later life.

This policy is intended as a guide to healthy and safe eating for the school. The focus of this policy is to support parents in encouraging their children to develop healthy eating habits at an early age.

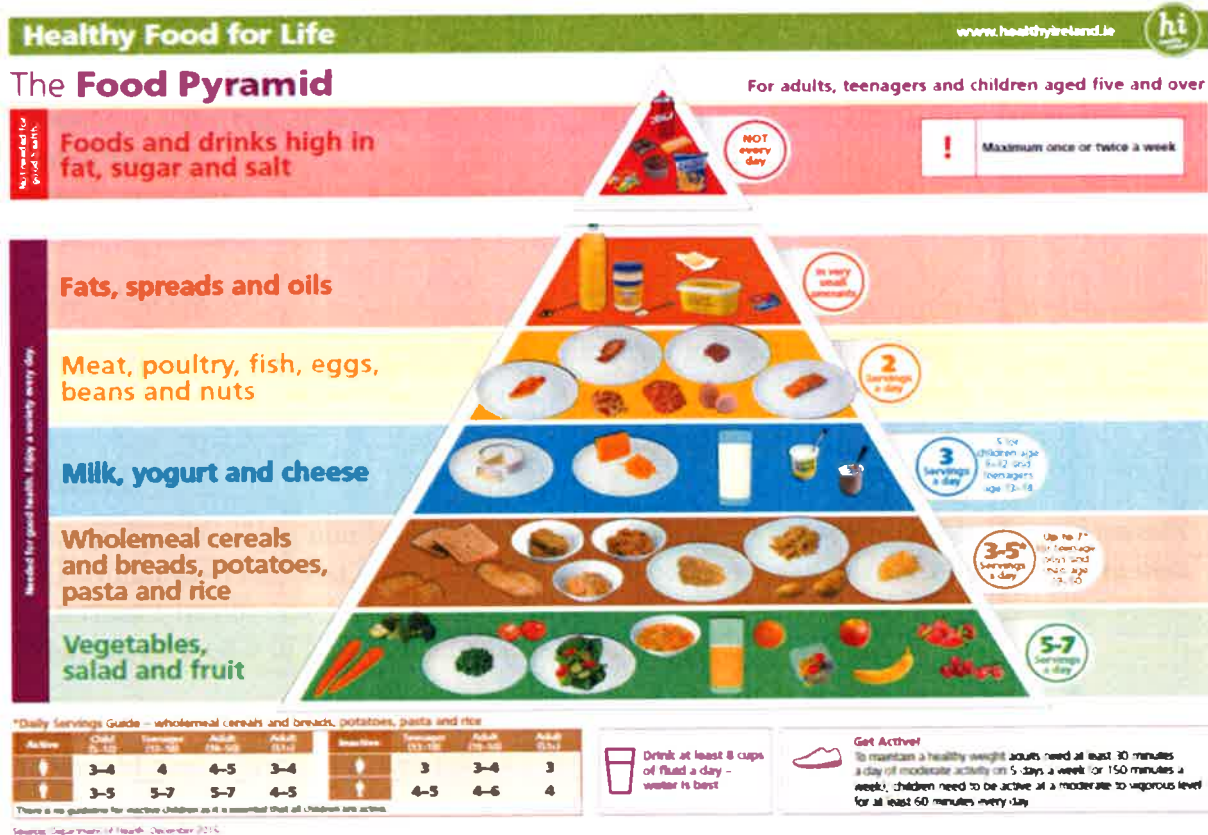
Aims and objectives:

- To ensure that the food and drinks included in pupils' school lunches promote the health and well-being of all pupils in Ennis National School.
- To support parents and children in making healthy and enjoyable decisions around food.
- To help children improve concentration, learning and energy levels.
- To develop nutritional awareness i.e. ingredients in foods.



Guidelines

- A healthy lunch-box contains a piece of food from the lowest 4 levels of the Food Pyramid (see below).



- Healthy fillings for sandwiches are encouraged - please avoid chocolate spread and Nutella.
- Water can be had freely. Juices should not be had between meals and should only be had in small amounts.
- Snacks for small break include fruit, vegetables, flapjacks, fruit yoghurts, fromage frais, crackers and raisins.
- Teachers are encouraged to generally use small prizes like homework passes, stickers, erasers, pencils, etc. instead of using sweets and treats as a reward or an incentive.

We ask you that the following foods are **NOT** brought to school:

- chewing gum, chocolate, biscuits, crisps, sweets and fizzy drinks.

If such foods are brought to school, children will be asked to bring them home in their lunchboxes.



Exemptions

1. Treat Day

Friday will be our treat day. The children are encouraged to eat the treat **AFTER** their lunch is eaten. On this day, children can bring **ONE** of the following:

- Treat/ fun sized bar
- Treat/ fun sized bag of sweets
- Small biscuit
- Small cereal bar
- Small home bakes

2. End of term parties.

3. Reward treats may be given to pupils for collective/ individual achievements.

Allergies

- Due to the increasing number of children with **nut allergies**, we would encourage parents to be mindful of children in their child's class who have a nut allergy when including nuts in a child's lunch.
- **Sharing of food** will NOT be permitted due to allergies.

Who should make sure everyone follows the rules?

- Parents, because they make the lunch and should set a good example. They are responsible for the children's health.
- Children, because it's their health and they want to be fit and full of energy.
- Teachers, because they can see what's in the lunch boxes and know who's eating the right foods every day.
- The Principal.

Other initiatives that support this policy

Green School Flag:

We are a GREEN SCHOOL. With this in mind, children are asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons.
- use reusable containers and minimise wrappers, where possible.
- use a reusable water bottle, where possible.



Birthday Parties

- Party bags and cakes will not be permitted at Ennis National School.
- Party Invitations may not be distributed at Ennis National School

Lots of Great & Tasty Ideas

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

Snacks:

Try ... whole-meal muffins, raisins, scones, flapjacks, raw vegetables, fruit, seeds, dried fruit, fruit yoghurts, crackers, fromage frais or bread

Drinks:

Gulp Down ... water, freely. Fruit infused water, unsweetened fruit juices, yoghurt drinks, vegetable drinks, smoothies and actimels can be had with meals.

Carbohydrates:

What About ... whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pasta, rice or rice cakes.

Fillings could include: cheese, tuna, hummus, cold meats, lettuce, cucumber, tomato, onion, peppers, coleslaw or salad.

Fruit:

Chomp On ... apple, orange, banana, grape, pear, plum, kiwi, melon, grapefruit, pineapple and many more ...

Raw Vegetables:

Crunch On ... carrots, peppers, cucumber, broccoli, tomatoes, sweet corn and many more

...

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

The children of Ennis National School are very keen to have healthy lunches and show a good understanding of what that means. We hope these guidelines will assist everybody in making healthy choices.

Developed: January 2016

Reviewed: May 2020



Policy Approval

This policy has been reviewed and accepted by the Board of Management of Ennis national School

Chairperson of BOM ... *Eamon Murphy* ...

Date: - *29th June 2020*