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Ballycullane National School Healthy Eating Policy

Ballycullane NS aims to help all those in the school community (children, staff and parents) to develop positive and responsible attitudes to eating, and to appreciate the contribution that good food makes to good health.

Our Healthy Eating Policy was revised in November `09 and this is a further revision. This revised policy will be implemented from September 2016.

We have school lunches provided by Fresh Today Catering. These can be ordered online and each child has a unique PIN number which can be used to change lunch selections. Our staff constantly reviews lunch provisions and communicates with Fresh Today to try to get the healthiest options available. Parents are encouraged to monitor their child's selections and help children choose a balanced lunch for each day.

Healthy Lunch Policy

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes / Lunch selection.

Aims of this policy:

- To promote the personal development and well being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- 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)**.

In our school the children eat twice a day, before going out to play and can finish lunch on the yard if needed / desired. No drinks are allowed on the yard. (They spill)

What is a healthy lunch?

- It is full of goodness like protein, vitamins and calcium.
- Contains food with little or no sugar, because too much sugar is bad for teeth and concentration.
- Contains no colouring or additives.

- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain power and concentration levels

What could be in a healthy lunch?

- Sandwiches or rolls with cheese, meat or other fillings. Preferable wholemeal.
- Pitta bread, crackers preferably wholemeal
- Fruit (peeled and chopped for small children)
- Raisins
- Vegetables (washed and chopped))
- Pasta
- Salad
- **Small, plain** biscuits
- Yoghurt (easy to open, and not including sugar laden additions)
- Plain Popcorn

What should not be in a healthy lunch?

- Crisps, salted nuts or salted/buttered/candied popcorn
- Chocolate, sweets, lollipops or jellies
- Chewing gum
- Cake, biscuits, pastries or doughnuts
- Chocolate spread
- Fizzy drinks / sports drinks / energy drinks
- Flavoured milk

What drinks could we include in a healthy lunch?

- Water
- Diluted Fruit squashes (no added sugar variety recommended)

What drinks should not be allowed?

- Fizzy drinks
- Sugary drinks including sports drinks
- Cartons of juices as they spill.

Who should make sure everyone follows the rules?

1. Pupils should, because it's healthy and everyone wants to be fit and full of energy.
2. Teachers, because they can see what's in lunch boxes and know who's eating the right foods every day.
3. Parents, because they sometimes make lunch and should set a good example. They are responsible for children's health. Parents are encouraged to monitor selections from Fresh Today to ensure children are making appropriate choices for a balanced lunch.
4. The Principal

What should we do when children bring in foods not allowed?

- The children bring the food/drink home in their lunch box **unopened**

Should we make exceptions for special occasions?

- Yes, for treats after communion or confirmation
- Yes, for end of term parties
- No, for bus trips (in case we get sick on the bus) One small treat on tour days not to be eaten on the bus.
- No, we cannot have children's birthday parties in school, or birthday cakes / treats.
- Yes for children with special dietary needs after consultation with parents and recommendations of medical advisors.

After all habits learned in childhood lay the foundations for future health and wellbeing. We hope these guidelines will assist everybody in making healthy choices.

This revised policy was presented to the Board of Management of Ballycullane National School prior to a board meeting on 13th June 2016

Ratification and Communication

The Board of Management of Ballycullane National School has ratified this amended policy

Signed: _____

Chairperson of Board of Management.

Date: _____

Review

The staff, under the guidance of the Principal will review this policy regularly and at least every two years. This policy will also be reviewed should the need arise.