**Healthy Eating Policy**

**Scoil Cholmcille Junior,**

**Ballybrack**

**Roll No: 19641T**

**Introduction**

Scoil Cholmcille Junior places emphasis on the importance of having a Healthy Eating Policy in place. The central objective of this policy is the promotion of healthy eating habits that promote good health throughout life in keeping with the Government’s National Health Promotion Strategy 2000/2005.

**Rationale**

Scoil Cholmcille Junior is committed to the promotion of healthy eating habits and the welfare of the pupils in the school. The school believes that teachers, parents, Board of Management, in cooperation with other agencies in the community dealing with this issue, need to work together to implement this policy.

We recognise that promoting a healthy life style, good eating habits and an awareness of the importance of a proper diet may only be achieved in cooperation with the whole school community. The school acknowledges that it has an important role to play in the promotion of healthy eating programmes as learning to choose and enjoy different foods in childhood provides the foundation for healthy food choices in adulthood.

**Relationship to Ethos of School**

Scoil Cholmcille Junior believes that the personal, social, moral and physical development of each member of the school community is important. Education flourishes in an environment where good relationships are encouraged, where people feel valued and respected, and where there is genuine tolerance, fairness and support for those in difficulty. This philosophy informs and underpins all the work of the school and is central to this policy document.

**Aims of Policy**

The Healthy Eating policy aims to promote:

* Nutrition awareness
* Healthy eating habits
* The importance of food hygiene
* The development of a positive approach to food, body awareness and a healthy lifestyle thus creating positive self-esteem in the pupil
* Linking healthy Eating programmes with the school curriculum through SPHE and SESE
* Linking the Healthy Eating Policy to the school’s Waste Policy i.e. composting of organic waste
* To help children understand that maximum benefit is gained from education in school by eating a healthy diet resulting in better concentration and attention levels
* To enable the children to make informed, healthy and responsible choices regarding a balanced diet
* To provide occasional opportunities for children to sample varieties of healthy foods

**The Policy in Action**

**Parental Involvement**

Parents will be requested to comply with the school’s Healthy Eating policy in the preparation of their children’s lunches. Sandwiches and fruit are recommended. While yogurts are also considered healthy, we ask that children in Junior Infants are not given them as they are likely to spill on their uniforms or on the classroom carpets. Milk or water are recommended over fruit drinks. Fizzy drinks should not be included in lunches. . Only one treat such as a chocolate bar or cereal bar or chocolate spread sandwich is allowed **and only on Friday**. Popcorn and crisps are not allowed as it increases the workload of the Cleaning Staff. Children are requested to bring uneaten or partially eaten lunches and plastic containers home. Parents/guardians are requested not to send celebration/birthday cakes or party bags to the child’s class during the school year. Teachers often organise small festive parties at Hallowe’en, Christmas and Easter. In reference to the school’s First aid policy, please inform the school if your child has any specific food allergies.

Through the Home/School/Community Liaison scheme courses in nutrition and cookery may be organised for parents.

As part of the programmes offered for parents of Early Start children in September,, a nutritionalist may give a talk about healthy eating.

The Dental Nurse addresses parent groups through the school year.

**Childrens Awareness**

The children participate in SPHE and SESE programmes which address healthy eating and physical exercise.

During the year the teachers collaborate and organise special dedicated times to promote healthy eating e.g. Fruit Tasting, Healthy Eating Week, Dental Health, and baking.

The children will be encouraged to try healthy foods and drinks and develop an understanding of the importance of a healthy diet

**Formulation process**

This policy was formulated by representative staff and representative parents during September and October 2006.

**Monitoring and Evaluation**

Responsibility for monitoring healthy eating is with the parents and class teacher. If children arrive habitually with unhealthy lunches, the teacher needs to remind the parent of this policy. Class teachers can also inform the HSCL teacher of children who bring unhealthy lunches to school. The HSCL teacher may address healthy eating through parental involvement in the strategies outlined in this policy.

**Review Procedure**

The policy will be reviewed in the light of experience and from information gathered at Staff Meetings in discussions with class teachers. It will be reviewed by the full staff and Board of Management every five years. Any staff member, board member, parent, guardian or student who is unhappy with the content or the implementation of any school policy may request a review at any time and such a request will be dealt with as quickly as possible. Next review of this policy will occur before or during the school year 2011 to judge it’s implementation.

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chairperson, Board of Management