



**Newbridge Educate Together
National School**
Green Road, The Curragh, Co. Kildare

Phone: 045 445710
Email: admin@netns.ie

Roll No. 20177E

NETNS Healthy Eating Policy

Background:

The Department of Education and Science supports the view that good nutrition is central to a child's educational development. Evidence from existing studies shows that there is a significant positive relationship between improved dietary status and school performance.

A knowledge of what constitutes a nutritionally balanced diet is acknowledged as being of importance for students. To support this, nutrition education is featured in the curriculum in schools.

■ Title

Promotion of Healthy Eating within Newbridge Educate Together N.S. (NETNS)

■ Introductory Statement

The Board of Management and NETNS school community advocate a Healthy Eating Policy. Research has shown that a child's behaviour and ability to learn is affected by the food s/he eats.

■ Rationale

The children, at present, have two breaks at which they eat their lunches. It is hoped that the children will be encouraged by their parents/guardians and their teachers to try various healthy options and eventually find some that they like to eat. Children are encouraged to bring home all food that is not eaten during the school day (leftover food cannot be put in bins). It is important that parents check their child's lunch box to monitor what their child has eaten. It is essential that children come to school with a freshly packed lunch every day.

■ Relationship to Characteristic Spirit of the School

As part of the NETNS ethos, we encourage a child centred approach to learning with the support of the parents/guardians. In order to strengthen the link between home and school in relation to healthy eating it is hoped we can work together to help the children develop an understanding of the importance of eating healthily. With this in mind the following policy has been drawn up in consultation with parents/guardians, pupils, staff and the board of management.

■ Aims

- To heighten an awareness of the importance of a balanced diet
- To encourage the children to make educated choices about food and nutrition
- To raise levels of concentration within class due to consumption of healthy food
- To develop balanced, healthy eating habits from childhood into adulthood.

Guidelines

The school will promote healthy eating through the following strategies:

- The children will be encouraged to drink water and eat fruit or vegetables throughout the day.
- The school will host a Healthy Eating Week.
- Active Week - whole school focus on the importance of being active.
- Acknowledgement of healthy eating/lunches
- Healthy eating poster will be on display in each class.

Parents

- Parents will have access to the policy through the school website
- Parents will be invited into the school to talk about favourite healthy recipes or healthy lunch ideas during Healthy Eating Week
- If children are consistently bringing a lunch to school that is not in line with school policy the teacher/principal will communicate concerns with the parents/guardians
- Food that is not permitted will be sent home with the pupil eg. chewing gum, fizzy drinks etc.
- Parents can visit Safe Food Ireland website for healthy eating information as well as recipes
- Parents are encouraged to contact class teachers regarding individual dietary requirements.

Suggestions for Healthy Lunches

Suggestions for lunches include the following and would ideally include a piece of food from the four main shelves of the Food Pyramid:

- Sandwiches (made from bread of all types)
- Filled rolls (of all types)
- Wraps, pitta breads, bagels, scones
- Sandwiches, rolls, wraps and bread may have fillings of any kind- except chocolate spread.
- Crackers (preferably wholegrain/whole-wheat) and cheese

- Yogurts (excluding chocolate ones/or with chocolate pieces)
- Cheese of any kind
- Fruit or vegetables of any kind
- Pasta, spaghetti or rice in small containers
- Combination of foods - i.e. Slices of quiche or omelette
- Soup
- Rice cakes (excluding chocolate rice cakes)
- Slices/chopped meat, chicken, fish or hard-boiled eggs.

Yogurts should be of suitable size and easy for infants to eat without spilling.

Fruit and Vegetables

- Any whole piece of fruit such as an apple, pear, banana or orange
- A bowl of chopped fruit such as pineapple cubes, melon pieces etc.
- A bowl/pack of dried fruit such as raisins, dried apricots etc.
- It is important that any food is made easy for infants to eat.
- Chopped peppers, carrots, celery sticks, cucumber etc.
- Baby tomatoes or other whole baby vegetables

Foods that are not Permitted

- Fizzy drinks of any kind
- Crisps
- Chewing gum

The following foods are only allowed on a Friday, 'Treat Day'.

- Sweets
- Chocolate spread
- Chocolate bars
- Chocolate/icing covered cakes/bars/biscuits/treats/cereal bar

Nuts - Any allergy risks will be addressed as the need arises.

Sweets, cakes and party bags from birthday celebrations are not permitted. An end of term treat may be distributed in the class at the teacher's discretion.

Promotion of the Policy

Healthy Eating week will take place in January, at the beginning of the new year. Children will participate in healthy eating activities and it will be incorporated into homework to encourage home-school links. A letter will be sent home reminding parents of the Healthy Eating Policy in NETNS and it will be featured on the school website.

■ **Roles and Responsibility**

- Teachers will be responsible for ensuring healthy eating policy is adhered to in school.
- Parents are responsible for providing their children with a lunch in accordance with the school policy.

■ **Timeframe for Review**

September 2022

■ **Ratification**

Board of Management

SPHE

Food and Nutrition

<p>Class: Infants Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 17</p> <ul style="list-style-type: none"> • Become aware of the importance of food for growth and development <ul style="list-style-type: none"> ○ Food provides energy for work and play, food helps to protect against illness, food helps us to grow • Explore food preferences and their role in a balanced diet <ul style="list-style-type: none"> ○ Treats, snacks, fruit, vegetables, foods that are unhealthy for some people and are not for others • Discuss and explore some qualities and categories of food <ul style="list-style-type: none"> ○ Fruit, vegetables, foods that can be eaten at breakfast, foods that are grown, food that comes from animals • Realise the importance of good hygiene when preparing food to eat.
<p>Class: First & Second Classes Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 27</p> <ul style="list-style-type: none"> • Explore the importance of food for promoting growth, keeping healthy and providing energy • Appreciate that balance, regularity and moderation are necessary in the diet <ul style="list-style-type: none"> ○ The food pyramid, the need for a balanced diet, the importance of having an appropriate intake of liquids, food that is unhealthy for some people and is not for others • Identify some of the foods that are derived from plant and animal sources. • Realise & practise good hygiene when dealing with food.
<p>Class: Third & Fourth Classes Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 40</p> <ul style="list-style-type: none"> • Differentiate between a healthy and an unhealthy diet and appreciate the role of balance and moderation <ul style="list-style-type: none"> ○ Identify the nutrients that are necessary in a balanced diet ○ Exploring how diet promotes growth, performance and development • Recognise the wide choice of food available and categorise food into four main food groups and their place on the food pyramid <ul style="list-style-type: none"> ○ Bread, potatoes, cereals ○ Fruit and vegetables

	<ul style="list-style-type: none"> ○ Milk, cheese and yoghurt ○ Meat, fish and alternatives ● Examine the dietary needs of his/her own age group and other groups in society. ● Explore some factors that influence the consumption of different food products <ul style="list-style-type: none"> ○ Presentation and packaging, shelf life, advertising, imported or home-produced, price, consumer demand ○ Discuss and examine the importance of proper food hygiene.
<p>Class: Fifth & Sixth Classes</p> <p>Strand: Myself</p> <p>Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 57</p> <ul style="list-style-type: none"> ● Appreciate the importance of good nutrition for growing and developing and staying healthy. ● Realise and accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet <ul style="list-style-type: none"> ○ Exploring and examining the food pyramid <p>Recognise some of the important nutrients that are necessary in a balanced diet and the food products in which they are found</p> <ul style="list-style-type: none"> ○ Macro-nutrients: protein, carbohydrate, fat ○ Micro-nutrients: vitamins and minerals ● Explore the factors that influence food choices <ul style="list-style-type: none"> ○ Cost, advertising, demand, peer pressure, advertising and packaging, value for money, time for shopping and for cooking, ideal body images ● Explore and examine some of the illnesses particularly associated with food intake or special health conditions <ul style="list-style-type: none"> ○ coeliac, diabetic, anorexia, bulimia, the dietary needs of different age ○ groups and individuals ● Become aware of the importance of hygiene and care in the preparation and use of food <ul style="list-style-type: none"> ○ using before sell-by date, reading contents, ○ not chopping cooked foods and uncooked foods on the same board