



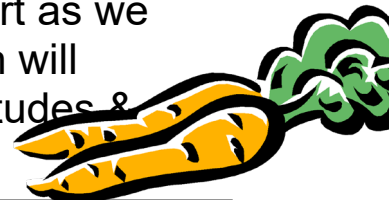
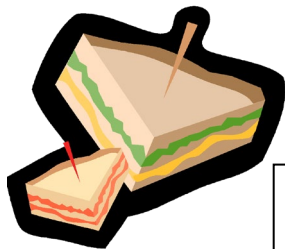
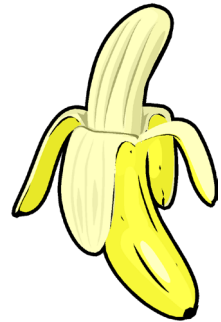
Dear Parents/Guardians

In Scoil an Spioraid Naoimh our **“Healthy Lunch Policy”** is adhered to throughout the year. There may be some exceptions to this policy on occasional days throughout the year for example day/tour day/Friendly Friday – your child will be informed in advance of these occasions.

We promote healthy eating in line with our Health Education as part of our SPHE curriculum.

‘Healthy Body, Healthy Mind’

We appreciate your co-operation and support as we endeavour to implement this policy, which will cultivate long-term benefits for childrens’ attitudes &



It is essential we follow the NUT/NUT PRODUCTS BAN.

RECOMMENDED DRINKS...milk, **water**, soup

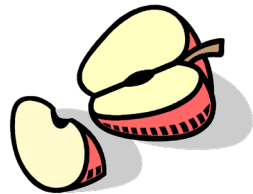
HIGHLY RECOMMENDED.....we recommend at least one or two **fruits/raw vegetables** be included daily

AVOID FOODS HIGH IN SUGAR AND SALT CONTENT!

NO.....sweets, chocolate, buns, bars, cereal bars, cake, biscuits, popcorn, crisps etc., gum, winders, chocolate spread, chocolate/sprinkle yoghurt, nuts

NO.....minerals, cans, glass bottles

NO nuts/nut products and be mindful of this when sending in homemade products



Some Lunch Ideas

VEG - Celery sticks, carrot sticks, cucumber pieces, cherry tomatoes, pepper strips, hummus

FRUIT - Fresh fruit, fruit segments, fruit salad, dried fruit

DAIRY - Plain yoghurts

PROTEIN - Add Salad mix, meats, tuna, beans, cheese, egg

CARBS – Bread (brown is best), scones, pitta bread, whole-wheat wraps, plain rice cakes, pasta/noodles dish



Scoil an Spioraid Naoimh

Laytown, Co. Meath -

School Roll Number: 20017F

Phone: 0419828091

Website: www.ssnlaytown.ie

Email: secretary@ssnlaytown.ie

principal@ssnlaytown.ie



HEALTHY EATING POLICY 2020

This policy was updated in September 2022 in response to the medical brief of a number of pupils presenting with very specific allergies.

The policy is fluid and will reflect the priority needs of the pupils in our care.

This policy has been formulated by Scoil an Spioraid Naoimh Senior Primary 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

'A health promoting school can be characterised as a school which is constantly strengthening its capacity as a healthy place in which to live, learn and work.' (WHO, 1997)

Scoil an Spioraid Naoimh have been awarded a Health Promoting School Flag 2020 and an Active Flag 2019 and have a strong tradition in promoting healthy living. SSN have a whole school approach to health and wellbeing and the promotion of healthy eating is an integral part of our SPHE curriculum and the wider health and wellbeing project within our school.

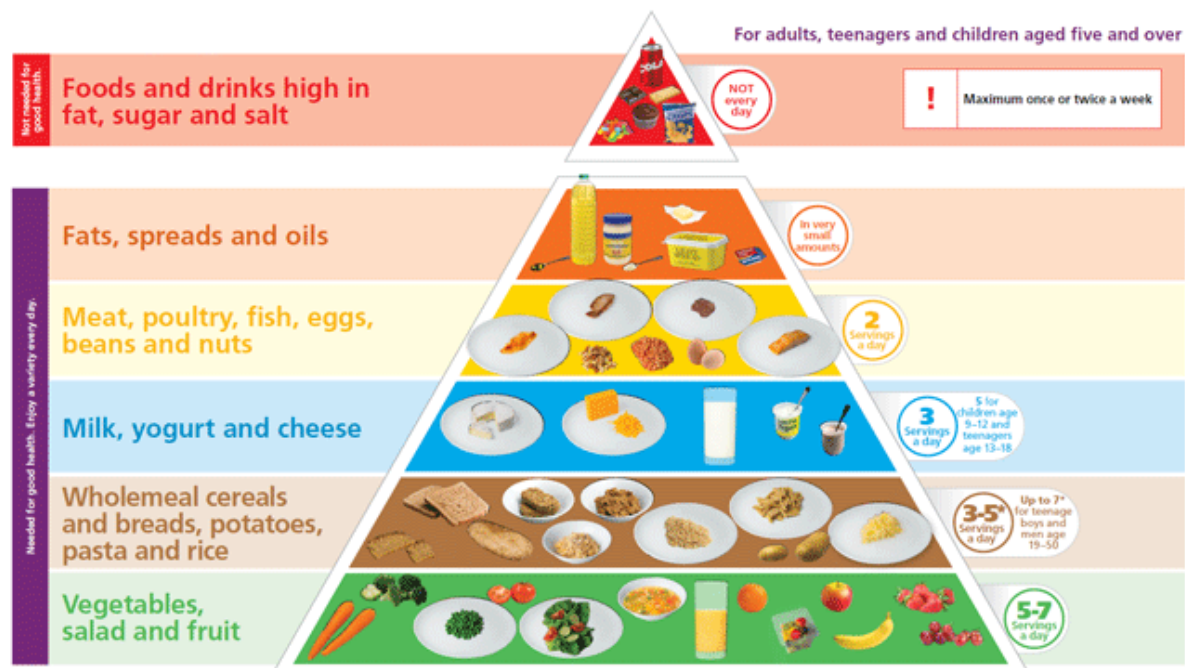
We establish our eating habits at a young age. What we eat affects our immediate health and it will make a significant difference to how healthy we are later on in life. In SSN both parents and teachers encourage the children to eat healthy food and we promote the link between healthy eating habits and a healthy lifestyle.

2. Rationale

S.S.N cherishes all pupils equally. We aim with the involvement and co-operation of the entire school community, to assist each child to reach his/her full potential and to explore and become aware of the importance of food for promoting growth, keeping healthy and providing energy.

3. Aims

- To explore and become aware of the importance of food for promoting growth, keeping healthy and providing energy.
- To encourage the children to make good decisions about food choices, nutrition and the importance of a balanced diet. The food pyramid is our guide to striking the right balance. We need a variety of foods in different amounts to get all the nutrients we require.



4. Healthy Food Choices;

- Help us concentrate and learn.
- Provide energy to play.
- Promote general health and well-being.
- Are kinder to our teeth and more enjoyable to eat.
- Are not as expensive to make for school lunches. Every child should have a proper breakfast in the morning which will set them up for a successful day. Breakfast rolls are not a substantial substitute for a healthy breakfast.

5. Foods we recommend

- **Vegetables**- Celery sticks, carrot sticks, cucumber pieces, cherry tomatoes, pepper strips, hummus
- **Fruit** - Fresh fruit, fruit segments, fruit salad, dried fruit
- **Dairy** - Plain yoghurts, cheese
- **Protein/Fillings** - Add Salad mix, meats, tuna, beans, egg
- **Carbohydrates** – Bread (brown is best), scones, pitta bread, whole-wheat wraps, plain rice cakes, pasta/noodles dish, crackers.
- **Drinks** ; water, milk, soup

6. Foods to be avoided

WE AVOID FOODS HIGH IN SUGAR AND SALT CONTENT!

NO.....sweets, chocolate, buns, bars, cereal bars, cake, biscuits, popcorn, crisps etc., gum, winders, chocolate spread, chocolate/sprinkle yoghurt, nuts

NO.....minerals, cans, glass bottles

NO nuts/nut products due to severe allergies and be mindful of this when sending in homemade products

7. Pupils with Additional Educational Needs

All pupils in the school are required to adhere to the school's Healthy Eating Policy. Some pupils with additional/special educational needs and/or allergies may require allowances to be made given a sensory palate or other. In these instances discretion will be used by the Staff.

We are a fully inclusive school, staff have an understanding and an appreciation for the complex needs of SEN profiles. The individual needs of the pupil will be given consideration by staff and all necessary supports deemed essential will be fully implemented to ensure the pupil is well supported.

The staff will cater for the individual needs of the pupil, encouraging independent/life skills in which case pupils are encouraged to make their own lunch using toasters, sandwich makers and microwaves. All of these life skills classes will be carried out under the complete supervision of the Staff.

8. Notes & Communication

- As part of our Anti Bullying lessons pupils are allowed bring 1 small treat on the last Friday of every month, known as Friendly Friday.
- Our school celebrate the end of each term, school outings/trips by permitted to bring in one treat. Staff may use their discretion in giving treats also.
- Parents Association/ 6th class pupils may host cake sales occasionally as part of school Fundraising Initiatives, treats are allowed on these days.
- On occasion staff may use their own discretion in giving a treat to a pupil/pupils.
- Staff may facilitate Life Skills/ Baking periodically throughout the school year, this will be an exception to our Healthy Eating Policy also.
- The distribution of birthday cake/treats is not allowed, however on occasion a parent may send a treat in for the class to mark a special event.

Communication:

- The importance of Parents informing information about their childrens' nut allergies or medical condition. Pupils with nut allergies or with a medical condition who require a special diet must inform the school. This information will be given to teachers and relevant staff on a need to know basis.
- The policy will be published on the school website.
- A reminder "Healthy Eating flyer "is sent home in September and is discussed also at Information meetings with parents in September. Incoming

3rd class pupils & all other new pupils are given this information at the Enrolment evening in the previous June.

- The "Healthy Eating" flyer is included as part of policy insertion in the school journal.

As part of our **Green schools Programme** we encourage the packaging of school lunches be kept to a minimum, all wrappers are brought home for recycling.

As part of **STEAM/Green Schools** initiative we have eliminated single use plastic bottles in our school and replaced them with metal/hard plastic reusable bottles.

Our school have promoted the **Food Dudes Programme** periodically and have improved considerably the consumption of fruit and vegetables in school recently.

Staff endeavour to be good role models monitoring the progress to ensure the policy is adhered to by all children and parents. Unsuitable food will be sent home in the child's schoolbag. Kindly help/assist us to encourage your child to develop a healthy and positive attitude towards food.

9. Success Criteria

- Positive feedback from parents in relation to our healthy eating policy.
- 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.

12. Roles and Responsibilities in implementing the policy:

Parents are responsible for

- Consenting to, agreeing and supporting our Healthy Eating policy
- Ensuring a healthy lunch for their child(ren).
- Sharing relevant information about diet, allergies and medical for their child/children with the class teacher/Principal.

Children are responsible for

- Fully participating in the Healthy Lunch policy.

Staff are responsible for

- Explicit teaching of healthy eating as part of the SPHE curriculum.
- Promoting the Healthy Eating Policy with both pupils and parents alike.

20/04/20

- Monitoring, tracking and implementing the policy throughout the school day.

11. Ratification and Review of Policy

This policy was updated by the staff, Parents Association and Board of Management in September 2022.

To be reviewed again biannually and coordinated by Orla Garry (AP1).

Chairperson (Noel Quinn): *Noel Quinn*

Principal (Bláithin Maguire) : **Bláithín Maguire**

Assistant Principal 1(Orla Garry) : *Orla Garry*

Date: 19/10/2022

A “Healthy Eating” Information note is distributed to Parents every September and is discussed at information meetings with Parents.. Incoming 3rd class Parents and all other new entrants are informed of this at the Enrolment evening meeting in June.(annually)

20/04/20