

# Solas Chríost National School

## Healthy Eating Policy

The Healthy Eating Policy was devised by the Board of Management of Solas Chríost National School in consultation with the staff, parents and children of the school. The policy must be read in conjunction with the school's Code of Behaviour Policy.

As part of the Social, Personal and Health Education (SPHE) Programme, the aims of this Healthy Eating Policy are as follows:

- to encourage the children to appreciate the importance of good nutrition and adopting healthy eating habits and a balanced diet.
- to promote the health and well-being of the children in the school.

The following food and drinks are **allowed** in the school.

Food		Drinks
Sandwiches Bread Rice / Pasta Crackers Wholemeal Scones Jam	Fruit Vegetables Cheese Yoghurt Meat	Water Milk Fruit Juices (low sugar) Yoghurt (fruit or plain only)

The following food and drinks are **not allowed** in the school.

Food		Drinks
Popcorn Crisps Chewing Gum Sweets Lollies Biscuits / Cake Winders <i>Peanut butter</i> <i>Nuts</i> <i>(any food containing nuts)</i>	Cereal Bars Multi-Grain Bars Waffles Nutella Chocolate Chocolate Spread Any food with chocolate <i>Fish</i> <i>(any food containing fish)</i>	Fizzy Drinks Isotonic Drinks Hi-Sugar Drinks  (Glass containers are not allowed).

(Parents are requested not take in birthday cakes or other food to be distributed amongst children in the class)

### Nut Free Zone / Fish Free Zone

Solas Chríost National School is a 'Nut Free Zone' and a 'Fish free Zone' therefore parents should ensure that children do not bring any food containing 'nuts' or 'fish' to school. We have a number of pupils who have been diagnosed with a severe allergic reaction to **nuts / fish**. Parental and children's co-operation is very much appreciated on this matter.

### Green Schools

To ensure the school maintains its Green Schools Status. Children will

- take home (in lunchbox) all uneaten food, wrappers, peels, cartons etc.
- not bring wrappers, peels, cartons etc. onto the yard at break time

### Medical Conditions

Parents/guardians of any child with a medical condition which requires a special diet must ensure that the school has up to date information of the necessary dietary requirements with appropriate documentation from a medical practitioner. (e.g. A letter from your G.P. with the diagnosis/dietary requirements and the necessary actions to be followed for your child).

### **Implementation of this Policy**

- The children will be taught about the elements of this policy at the beginning of each term, at assemblies, during SPHE lessons and whenever deemed appropriate by the class teacher.
- Parental support is a very important aspect in the implementation of this policy.
- A list of the foods that are allowed/not allowed will be displayed in each classroom
- A copy of this policy will available on the school's website [www.solaschriost.ie](http://www.solaschriost.ie)

### **Compliance with the Policy**

- Children bringing in unhealthy lunches will be asked to bring these food items home at the end of the school day. (The teacher may confiscate the item and return it to the child at the end of the school day). Accordingly, Parents of children with an insufficient amount of healthy food or healthy drinks will be contacted to provide a healthy lunch for their child.
- A letter will be sent home from the school for children who bring in any food items that are not allowed in the school. This letter will also include a copy of the school's Healthy Eating Policy. This letter must be signed and returned to the school the following school day.
- Parents of children who continually bring food that is not allowed under this policy this will be required to meet with the school principal to discuss the matter.
- Children who bring wrappers, peels, cartons etc. onto the yard at break time will have this recorded in the school's yard book.

### **Ratification of the Healthy Eating Policy**

This version of the policy was adopted by the Board of Management on the 19<sup>th</sup> of November 2014.

This policy will be reviewed by the Board of Management in September 2015.

Signed:

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Chairperson of Board of Management

Date:

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