

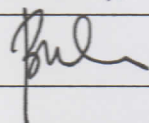


BLESSINGTON EDUCATE TOGETHER NATIONAL SCHOOL

HEALTHY EATING POLICY

Ratified by Board of Management on:

Date: 2.12.14.

Signed: 

Chairperson, Board of Management

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1.0 RATIONALE

The aim of this policy is to encourage healthy eating habits in children by education and practice in order to promote a healthy lifestyle. Healthy eating patterns in early years should be consistent and will help to promote health awareness for later life.

Cooperation with the home environment is required to achieve this. During the school day it is important to obtain 1/3 of nutrients required during school time hence the need to provide healthy packed lunches by parents.

All staff members are aware of the need to promote and practice healthy eating habits in school and will maintain a consistent policy in this regard.

2.0 SCHOOL PHILOSOPHY AND ETHOS

Central to Blessington Educate Together National School is the fostering of a respectful atmosphere that informs all school policies as well as everyday school life. This offers a framework within which positive techniques of motivation and encouragement are utilised by all partners in the children's education.

Our school operates under the direct patronage of Educate Together. The four underlying principles of our ethos are:

- Co-educational
- Child-centred
- Multi denominational
- Democratically run

3.0 HEALTHY EATING IN SCHOOL

Drinks:	The preferred drinks for consumption in school are water then milk, small yoghurt drinks (as close to natural yoghurt as possible) or non artificial juicy waters with no sugar or unsweetened
Foods:	Lunches should be composed of a variety of foods to include one item from each food group.
Food groups:	<p>Fruit and vegetables - whole fruits, vegetables i.e. peppers or carrot batons or sticks.</p> <p>Cereal - bread, rice, pasta, potatoes, bagels, pancakes or pitta breads</p> <p>Dairy - Milk, cheese or yoghurt</p> <p>Protein rich foods - meat, fish, beans, peas, lentils and cheese.</p>
Leftovers:	It is recommended that lunches be packed in a lunch box, not bags so that pupils bring home what they do not consume.
Banned items:	<p>The following are banned from the school and parental assistance to ensure compliance is much appreciated.</p> <p>All biscuits, sweets, chocolate, chewing gum, crisps and fizzy drinks</p>

Exemptions: Children are allowed a small treat on Friday only (Some exceptions can be made, e.g. Birthdays etc.). (Suggestions include a mini-bar, biscuit or bun)

Children will be allowed to have a treat day at end of term parties.

4.0 SPECIAL DIETARY NEEDS

Where a pupil has special dietary needs, the school must be notified immediately (and confirmed in writing) so this can be taken into consideration when implementing the Healthy Eating Policy appropriately by the staff.

5.0 HEALTHY EATING WEEK

A Healthy Eating Week will be held annually and early in the new school year with activities organised to encourage healthy eating habits.

6.0 GENERAL

While it is recognised that both teachers and parents will, on occasion continue to give sweets and such as a type of reward for performance or improvement or to promote positive behaviour, such use should be sparing and both teachers and parents are encouraged to introduce other methods of recognition or reward.

7.0 IMPLEMENTATION

Copies of the Healthy Eating Policy are to be issued to all pupils to take home in early September each year.

Continuing developments in health, food nutrition and medical science should be considered in future reviews of this policy