



Cahergal N.S.

Scoil Náisiúnta An Chathair Sheal

Roll No: 17807r

Healthy Eating Policy

Introductory Statement and Rationale

Cahergal NS Healthy Eating Policy outlines how the school supports healthy eating practices through the promotion of healthy lunches and healthy snacks and by other means. The SPHE Guidelines aim to promote the personal development and wellbeing of the student to provide a foundation for healthy living in all its aspects. This policy was formulated in consultation with staff, Board of Management, the Parents Association and pupils.

Cahergal NS is committed to facilitating the children's development of skills and attitudes to allow them to make informed decisions about their food intake. There will be a whole school approach, involving teachers, parents and children to ensure that healthy eating messages are a part of every aspect of school life. The children will continue to receive consistent messages regarding healthy eating both at home and at school.

Aims of our Healthy Eating Policy

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefit of a healthy well balanced diet
- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives
- To develop awareness of the importance of food for growth and development
- To explore food preferences in a balanced diet

Benefits of a good diet

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration
- Strengthens the immune system

Breakfast

A nourishing breakfast is the best start to your child's day giving them the energy needed to concentrate and learn. Research has shown that children benefit both nutritionally and behaviourally by eating breakfast (Safefood.ie)

School lunch breaks

The children have two lunch breaks of 20 minutes each. Here are some tips on lunches that are suitable for these breaks that are varied:

- Two portions from the bread/cereal group
- One portion of meat or meat alternative
- At least one portion from the fruit and vegetable group

- One portion from the dairy products group
- Water, milk
- *Fruit should be of a manageable size, peeled/chopped if necessary.

For further ideas and suggestion for healthy lunch box ideas, please go to the safe food website and download a copy of the “Safe Food – Healthy Lunch Box” brochure. [Safe Food Healthy Lunch box Leaflet](#)

Special Treats

On specific days during the school year the children will be permitted special treats:

- End of term parties
- School Trips

Suggestions for your child’s school lunch:

- Breads – whole-grain breads, rolls, bagels, wraps, soda bread or pitta
- Bread substitutes – oatcakes, plain rice cakes, pancakes or crackers
- Fillings – cheese, tuna, hummus, cold meats, pate, egg, lettuce, spinach, cucumber, tomato, onion, peppers, coleslaw, salad, or banana
- Hot leftovers in a flask – curry, pasta (with or without sauce), soup/chowder, baked beans, rice, stew, lasagne or noodles
- Cold leftovers
- Fruit – apple, oranges, banana, grapes, pear, plum, peach, apricots, melon, grapefruit, pineapple, strawberries, raspberries, mango, blackberries or blueberries. Remember to peel and/or cut fruit and vegetables into bite-sized pieces for younger children
- Raw vegetables – tomatoes, sweet corn, peppers, carrot sticks, celery sticks, broccoli, cabbage or cucumber

Food items not permitted in school:

- *Fizzy drinks, sports drinks and drinks/juices with high sugar content*
- *Chewing gum*
- *Chocolate*
- *Sweets & fruit winders*

- *Crisps*
- *Biscuits/cakes/muffins/tray bakes*
- *Chocolate Cereal Bars*
- *Muller corner yoghurts with chocolate pieces/chocolate mousse yogurts*

Best Practice

- Ensure your child starts the day with a good breakfast
- Eat small regular meals, not one big meal each day
- Children who take physical exercise each day will have a better appetite for healthy food
- Serve brown bread instead of white
- Cut large rolls/wraps/sandwiches into more manageable sizes

* **The children will bring home uneaten lunch in their lunchboxes**

Roles and Responsibilities in implementing our policy:

Parents are responsible for providing a healthy school lunch for their child(ren).

Children are encouraged to participate in making their own healthy school lunch.

Teachers will explicitly teach about healthy eating as part of the SPHE curriculum.

Cahergal NS will review our Healthy Eating Policy every two years.

Cahergal NS Healthy Eating Policy is available on our website at **www.cahergalns.ie**.

The Board of Management will review this policy every second year.

Signed: _____ (Chairperson)

Date: _____

Signed: _____ (Principal)

Date: _____