



Our Lady of the Wayside National School

Healthy Eating Policy

Promotion of healthy eating within our school

Introduction:

Aims:

- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To rise levels of concentration within class due to consumption of healthy food.
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc. (integrated with the Greenschools Project).

Definition:

Encouraged:

Drinks: Water, fruit juice, milk

Food: Sandwiches, rolls, wraps, pitta bread etc., fruit and vegetables.

Discouraged / Banned:

Fizzy drinks, chocolate, sweets, chewing gum, crisps, cakes etc.

What happens if children bring discouraged food/drinks to school?

- They will be advised to bring in healthy food in the future.
- If they persist in bringing unhealthy food to school their parents will be notified.

Parents:

The Healthy Eating Policy is a joint initiative between the school and the parents. The Parents Association held healthy eating buffets to show the children the range of healthy food available and to encourage the children to try new foods.

The parents will continue to promote Healthy Eating by getting involved in Healthy Eating initiatives.

Education:

Teachers in every class will educate the children on food and nutrition.

We will integrate our healthy eating policy with:

SPHE: Taking care of my body, Food and nutrition

Science: Myself, Human life

Greenschools: Improving the litter around the school

Exceptions:

- School functions such as communion, confirmation, graduation, Greenschools ceremony, Santa Walk etc.
- On occasions teachers can give the children a treat, For example, a teacher on teaching practice on their last day, winning a match, school celebration, end of term. However, we recommend where possible stickers, etc., rather than sweets.

Success criteria:

We will know that this policy is effective if:

- The children are enjoying their new lunch
- There is an improvement in the child's concentration.
- There is an improvement in the child's behaviour
- We receive positive feedback from parents and children.

Roles and responsibility:

- Teachers will be responsible for implementing the policy in their classroom.
- Parents are asked to work in partnership with the school and provide healthy lunches for the children.
- Reminders will be sent in the school newsletters.
- New parents will be made aware of the policy.

Timeframe for implementation:

This policy should be fully implemented in September 2009.

Timeframe for review:

This policy will be reviewed regularly.

Responsibility for review:

This policy was reviewed in October 2008

- Staff
- Parents
- Pupils
- Board of Management

Ratification and communication:

This policy was ratified by the Board of Management and is communicated to parents on a regular basis, e.g.: newsletters, and parent's committee.