



Ashbourne Educate Together National School

# Healthy Eating Policy

This policy has been formulated by Ashbourne ETNS to assist teachers, pupils and parents in making an informed decision in relation to healthy eating and to comply with HSE and nutritionists guidelines distributed to schools.

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## **School Details:**

Name: Ashbourne Educate Together National School

Address: Ashbourne, Co Meath

Telephone: 01 8357493

Email: ashbourneetns@gmail.com

Roll Number: 20396Q

Principal: Barbara Nugent

The school day starts at 8:15 am until 12:55 pm for Junior and Senior Infants, and from 8:15 am until 1:55pm for all other classes.

## **Rationale and Aims**

In Ashbourne Educate Together National School, we promote a healthy eating policy. This policy was created in conjunction with staff, parents and the Board of Management. For the successful implementation of this policy, it will require full support from parents and staff.

The aim of this Healthy Eating Policy is to help our school community, children, staff and parents develop positive and responsible attitudes to food and nutrition and to appreciate the benefits that healthy food and drink habits make to overall health and wellbeing.

In conjunction with the curriculum subjects SPHE (Social, Personal and Health Education), Science and the Learn Together Programme, we aim to promote nutrition awareness and positively affect healthy food and drink choices within the school community.

## Lunch Breaks

The children, at present, have two breaks at which they eat their lunches. It is hoped that the children will be both encouraged by their peers and enticed by the variety of fruit and vegetables they will see being consumed around them, to try various healthy options and eventually find some that they like to eat.

A full lunch must be provided to each child daily. Should a lunch not be provided, parents may be contacted and asked to leave in a suitable lunch.

Children are encouraged to bring home all food that is not eaten during the school day. It is important that parents check their child's lunch box to monitor what their child has eaten. It is essential that children come to school with a freshly packed lunch every day.

## Lunches/Snacks Suggestions

**Suggestions for lunches** include the following and would ideally include a piece of food from the four main shelves of the Food Pyramid:

- Sandwiches (made from bread of all types)
- Filled rolls (of all types)
- Wraps, pitta breads, bagels, scones
- Sandwiches, rolls, wraps and bread may have fillings of any kind- **chocolate spread is not allowed.**
- Crackers (preferably wholegrain/wholewheat) and cheese (avoiding pre-packaged ones)
- Yogurt, yogurt drinks and fromage frais (excluding chocolate ones)
- Cheese of any kind
- Fruit or vegetables of any kind
- Pasta, spaghetti or rice in small containers
- Combination of foods – i.e. Slices of pizza or quiche
- Slices, cubes of chopped meat, chicken, fish or hard-boiled eggs.

\*Yogurts should be of suitable size and easy for infants to eat without spilling.

***Suggestions for Healthy Break are as follows:***

*Fruit*

- Any whole piece of fruit such as an apple, pear, banana or orange
- A bowl of chopped fruit such as pineapple cubes, melon pieces, grapes (cut vertically for younger children preferably) etc
- A bowl/pack of dried fruit such as raisins, dried apricots etc.
- It is important that any food is made easy for infants to eat.

#### *Vegetables*

- Chopped peppers, carrots, celery sticks, cucumber etc
- Baby tomatoes or other whole baby vegetables

#### *Drinks*

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made up of water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak. Recent studies have shown that children who are dehydrated are less able to concentrate properly, especially at subjects like Maths. Therefore, we would recommend that **every child bring a drink of water each day**. Where a child brings more than one drink to school each day, one should be water.

Drinks that are encouraged are tooth friendly drinks. Below are some examples:

- Water
- Flavoured water
- Milk (no flavoured milk)
- Fruit juice (preferably diluted and unsweetened)
- Diluted drinks/squashes (sugar free)

#### *Sugar*

- We **strongly discourage** food of any kind which is predominantly sugar – e.g. fruit winders, cereal bars etc. Which are the equivalent pure sugar or sweets and we strongly recommend that such food would not be included in your child's lunch.

#### *Unsuitable foods*

The following foods are discouraged for consumption as school lunches:

- Fizzy drinks of any kind
- Crisps
- Chewing gum
- Sweets

- Chocolate bars
- Chocolate/icing covered cakes/bars/biscuits/treats/cereal bars/health bars
- Pre-packed combination lunches

### **Nuts – Allergy risk**

Due to the risk of allergic reactions to peanuts or products containing nuts, pupils are asked not to bring peanut butter or products containing nuts into school.

Depending on allergies present amongst the children and staff in our school parents may be required to follow certain criteria when giving their children lunch. This may change from year to year as children join and leave our school community. The school will keep parents informed via Aladdin and newsletters at the beginning of each school year.

### **Breakfast**

A nourishing breakfast is a good start to a child's day and gives them the energy they need to concentrate, learn and participate fully in school activities. Therefore we would encourage parents to provide a healthy breakfast before coming to school.

### **Hygiene**

Pupils in our school will be aware of the importance of food hygiene and safety, when preparing and eating lunches, e.g. washing hands, have clean lunch boxes etc. Signs will be displayed throughout the school to encourage pupils to become more aware of this.

### **Environment**

In keeping with our ongoing environmental awareness, a Healthy Eating Policy will reduce the amount of litter in the school and will give the pupils an understanding of how people affect the world around them and how they can improve it.

In doing this, we will encourage the pupils to cut down on litter produced by packed lunches e.g. using re-sealable bottles instead of cartons or re-usable airtight containers rather than disposable wrappings.

Any packaging left over from a child's lunch is brought home in the lunch box for disposal. Any fully uneaten lunch will be sent home so that parents can monitor how much their child is eating.

### Birthdays/Parties

At Ashbourne Educate Together National School we discourage party bags, cakes or sweets. Handing these out takes up a lot of teaching and learning time throughout the year and can put pressure on other parents to supply sweets and treats on their child's birthday.


**If you wish to mark your child's birthday please see their class teacher for advice.** Every child in the school is made to feel special on their birthday by the school community. School staff cannot be responsible for handing out party invites. Parents can do this in a subtle manner outside the school building.

Signed:



Chairperson of Board of Management  
Date: 29/09/21

Signed:



Principal/Secretary to the Board of Management  
Date: 29/09/21