

Bilboa Natinoal School Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *Bilboa N.S.* we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we introduced a healthy eating policy starting from _____.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice – wholegrain
Pasta – wholegrain
Potato Salad
Wholemeal Scones
Bread sticks
Crackers
Pitta bread

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese
Quiche
Pizza

Fruit & Vegetables

Apples, Banana, Peach

Drinks

Milk

Mandarins, Orange segments,
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes,
Cucumber, Sweetcorn
Tomato, Coleslaw.

Natural Fruit juices (unsweetened)
Squashes, i.e. low sugar
Yoghurt

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn (Salted/ Sugar coated).

So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

A very simple approach to healthy eating is to use the Food Pyramid:

Fats Sugar Sweets etc.	Sparingly
Meat, Fish Peas/Beans	2 portions per day
Milk, Cheese Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

Treat Day

Friday will be our treat day. On this day, children can include one food item from the 'not allowed' list (excluding chewing gum and fizzy drinks).

School Parties

There has traditionally been three party days during the school year i.e. Halloween, Christmas and Summer. Following consultation with the Parent's Council it has been decided that in future the Halloween party will be allocated as a fruit and vegetable tasting day. A variety of fruits and vegetables will be brought to the classrooms on platters. This will provide the opportunity for children to sample a selection of fruits that they may not have tasted before.

Hot drinks/ flasks

After discussing the potential hazards surrounding hot drinks in the classroom setting it was decided that flasks containing hot drinks would only be permitted in the senior classes i.e. 3rd to 6th. While it was considered that 2nd would probably manage the presence of 1st class in the room was a safety risk.

Lunchtime practice

Lunch break is from 12:30 to 1:00. Teachers provide supervision in their own rooms from 12:30 to 12:40. Pupils are expected to eat their lunch during these 10 minutes. Yard supervision is provided from 12:40 to 1:00, unfinished lunches may be brought out to the yard but lunches in the main should be finished during the allotted time.

Green Flag School

Bilboa N.S. has numerous Green Flags and is keen to maintain good practice in all environmental areas.

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel and cores into the compost bins
- not bring in cans and glass – for safety reasons.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

Ratification and Review:

This policy was ratified by the B.O.M on 15/03/2016. It will be reviewed as and when the need arises but no later than during the 2018/ 2019 school year.

Implementation:

The policy will be implemented with immediate effect.

Signed on behalf of the Board of Management:

Chairman: _____ Date: _____

Principal: _____ Date: _____