

# HEALTHY EATING POLICY



## **Introductory Statement**

This policy was formulated after consultation with teachers, SNA's, pupils and parents of St. Augustine's School. This committee surveyed children and parents to seek their views and suggestions, researched healthy eating options. This helped to formulate the St. Augustine's Healthy Eating Policy.

We focused on this policy to support parents and pupils around developing healthy eating habits at an early age. This policy is linked to:

- a. SPHE: Taking Care of my Body: Food & Nutrition and Making Choices
- b. Science: Myself: Human Life Processes

## **Mission Statement**

To promote lifelong education of healthy eating for mind and body.

## **Objectives / Aims**

Nutrition - what people eat is known to be one of the key factors influencing their health. Staff and students who work in schools often eat one of their main daily meals within the school. Food is often a feature of school celebrations. The taught curriculum provides an opportunity to teach about food and healthy lifestyles.

- To help students improve their concentration, learning and energy levels.
- To support parents and children to make healthy, enjoyable decisions around food.
- To develop nutritional awareness i.e. ingredients in food.
- To support the school's environmental policy - reusable containers, minimise wrappers, etc.

## **Guidelines**

- A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid.

- Cans & glasses are not permitted for safety and litter reasons. Healthier choices of drink include water and milk.
- Some of the healthy snacks we encourage for the small break include fruit, yogurt, crackers, plain unsalted rice cake, plain unsalted popcorn, and vegetables e.g. carrot sticks.
- A small treat is allowed on a Friday e.g. plain digestive biscuit, fun size chocolate bar.
- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and to protect our school environment.

Classes will have ongoing lessons in health education and nutrition as part of the school curriculum and the SPHE Programme. Teachers will provide positive modeling and supportive attitudes to encourage healthy eating. The school has an incentive scheme to encourage healthy eating. Drinking water is available to students in class. Milk is also available to students through the EU School Milk Scheme.

Ongoing work is being done in Home Economics and cookery class. For several years now St. Augustine's have held the *Food Dudes* Programme in conjunction with Bórd Bia - a great success! We also enjoy Healthy Eating Week during the school year where students are encouraged to try new fruits and vegetables.

The policy is currently being reviewed and updated.