

Healthy Eating Policy

Ratified by the BOM on 25/11/08

For review annually or as necessary.

Rationale:

These guidelines aim to help all those involved in our school community, children, staff and parents, in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

These guidelines also relate to the following curricular areas:

S.P.H.E.:

- Strand: Myself:
- Strand Unit: Taking Care of My Body: Food and Nutrition.
- Strand Unit: Self Identity: Making Decisions.

Science:

- Strand: Living Things:
- Strand Unit: Myself: Human Life Processes.

Relationship to Characteristic Spirit of the School:

Our school cherishes all children equally and to aid them achieve their true potential we endeavour to develop a positive attitude to eating healthy foods.

Aims:

- To raise levels of concentration within class due to the consumption of healthy food.
- To heighten an awareness of the importance of a balanced diet
- To encourage the children to make wise choices about food and nutrition.
- To encourage pupils to be aware of litter problems caused by junk food, prepared food, juice cartons etc.

Guidelines:

A healthy lunch includes a piece of food from the bottom four shelves of the food pyramid. Healthier choices of drink include water, milk and unsweetened juices. Children will not be permitted to eat lunch items brought to school by others except on the rare occasion where a child may have forgotten their lunch and other children offer some of their lunch. On special occasions, however, children may wish to share treats. Where treats are allowed on special occasions parents are asked not to send items which contain nuts due to possible allergic reactions and those containing gelatin/animal products in respect of the dietary requirements of some children.

The following are not permitted:

- Fizzy Drinks
- Canned Drinks
- Drinks in Glass Bottles
- Crisps
- Sweets
- Chocolate Bars
- Chewy / Sticky Bars
- Chewing Gum

Aston Village ETNS, Dunlin St, Aston Village, Drogheda

Children will be praised and encouraged in their efforts to comply with guidelines.

The Principal will be available to discuss rationale behind guidelines with parents / guardians.

All pupils will be taught the Food and Nutrition lessons from the S.P.H.E. curriculum.

School staff will provide positive modeling and supportive attitudes to encourage healthy eating.

In early September the Healthy Eating Guidelines will be reviewed and a Healthy Eating Awareness week held.

A copy of the Food Pyramid will be displayed in each classroom.

Exceptions:

- Children may be allowed to bring in treats at end of term parties and on school tours.
- If parents send in treats to the class they must conform to the Guidelines.
- Special dietary requirements of individual children will always be facilitated.