

# BELLURGAN NATIONAL SCHOOL

*Principal: Mr. Dermot McCoy.*

*Bellurgan,  
Co. Louth.*



*Roll No.  
16249E*

## **Healthy Eating Policy**

This policy re-enforces the elements of the school mission statement which advocates providing a safe and healthy learning environment for each child and ensuring a duty of care at all times when the school is in operation. Children's eating habits will strongly influence his/her chances of living a healthy life-style. With our Healthy Eating Policy it is intended to encourage children to get into good dietary habits. Children grow and develop at a fast rate. Therefore they need a high quality diet which contains adequate energy, proteins, vitamins, minerals and fibre.

### **Rationale**

Our school setting provides an excellent health promotion avenue for reaching a large section of the community: children, families and teachers. This policy is intended as a guide to healthy and safe eating for the school. The focus of this policy is to support parents in encouraging their children to develop healthy eating habits at an early age. Knowledge of what constitutes a nutritionally balanced diet is acknowledged as being of importance for students. In support of this rationale nutrition education is considered to be an important element of the curriculum in *Bellurgan N.S.*

### **Aims and Objectives of the policy**

1. Encourage healthy eating.
2. Improve dental hygiene.
3. Help alleviate the litter problem in the school and encourage recycling.
4. Encourage children to experience a wide variety of food.

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5. Help the children understand the link between a healthy diet and a healthy, active lifestyle.
6. Educate children for living and for life.

## Procedures

### **A Healthy Lunchbox & healthy snack for small break**

- A healthy lunchbox includes food from each of the first four shelves of the food pyramid.
- Healthy choice of **drink** include water, milk and fruit juices. No fizzy drinks allowed. (yogurts/yogurt drinks not recommended in infant classes for practical reasons)
- The following **foods are not recommended for lunch**: crisps, chewing gum, lollipops, fizzy or energy drinks.
- Parents should inform the school if a child is on a special diet or has an allergy i.e. nut. Once teachers are aware of a child's special needs they can advise against swapping and sharing of food.
- "Treats" allowed on Fridays only. i.e. one treat in the lunch box. (fun size bars, biscuits, sweets)

### **Healthy School Environment**

- Through the parents committee every effort will be made to communicate with and encourage parents to support the healthy eating policy.
- National campaigns can be used as opportunities to focus on healthy eating messages. (The school participated in the Food Dudes programme in 2009). The school may organise a healthy eating week periodically to highlight the policy.
- Children eat their lunch while supervised in classrooms. They are not permitted to bring uneaten food to finish in the yard.
- Children are encouraged to drink water/fluids at specified times during the school day.
- The staff will encourage healthy eating and educate the children in Health Education.
- Children will be encouraged to participate in Sporting Activities as part of the schools healthy eating/healthy lifestyle policy.

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## **GREEN FLAG SCHOOL**

As a Green Flag School we aim to reduce litter and protect our school environment

- Pupils are encouraged to use drink containers and take their lunch to school in a lunch box, avoiding the need for tin foil or cellophane.
- For safety reasons cans and glass are not permitted.
- Children will be encouraged to recycle.

The curriculum provides an opportunity to teach about food and healthy lifestyles. Bellurgan N.S. endeavours to provide a positive modelling and supportive attitude to encourage healthy eating with initiatives e.g. Food Dudes, School Garden – grow our own vegetables, etc.

## **Success Criteria**

We will know the policy is effective by:

- Observing what children have for lunch and noticing an improvement in consumption of fruit, vegetables and other healthy foods.
- The feedback from parents/guardians and other school staff.
- The level of concentration and performance of children in the classroom.

## **Ratification and Communication**

This policy will be introduced in the school year 2014/2015, having been ratified by Staff, Parent's Association and BOM. Every teacher will be provided with a copy of this policy for their files.

**Date of next policy review:** September 2017

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