**Scoil Eoin Baiste**

**Healthy-Eating Policy**

Scoil Eoin Baiste aims to help all those involved in the school community (children, staff and parents) to develop positive and responsible attitudes to eating, and to appreciate the contribution that good food makes to ones’ health.

***Nutrition:***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 have adopted a healthy eating policy.

Through whole staff and parent collaboration it was decided that:

* School is a ‘Nut’ free school (all classes) i.e. foods containing nuts/traces of nuts should not be taken into school
* Small break (11am) is a fruit break. Fruit is provided by school on a daily basis. Pupils may eat a sandwich or part of their lunch only **after** they have had their fruit.
* Treats are **not allowed Monday, Tuesday, Wednesday or Thursday**. Treats after big break on a Friday only Treats **may be a mini-bar, 2 biscuits or plain bun/slice of cake**. **Small break is still a fruit break on Friday.**
* Any pupils found to have unhealthy treats e.g. big bars, crisps, jellies etc. will have these treats removed from their possession. Any confiscated treats will be returned to pupils at the end of the day (2.50pm), where possible
* No party bags birthday cake/sweets/treats to be sent to school they will not be distributed by teacher.

Please see attached **Appendix 1** for a list of recommended healthy/unhealthy choice

Though education in science & SPHE, children learn to include 5-a-day fruit and vegetables in their daily diets and the aim is to continue promoting these principles within the school community. As part of DEIS and the HSCL the children have lunch daily (sandwich/roll, water, fruit) which promotes healthy eating also.

With all this in mind, the children are also asked to do the following:

* **All uneaten food, silver paper, wrappings, containers and cartons are to be taken home in lunchboxes**
* For safety reasons, cans and glass are not permitted. **Parents/guardians of any child with a medical condition which requires a special diet should contact the school. Parents/Guardians must inform the school if their child has a food allergy.**

**Appendix 1**

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| **Healthy Options/ Everyday Lunch Foods** | **Unhealthy Foods/Foods to Avoid** |
| * Sandwiches * Rolls/Baps * Cheese * Fruit * Scones * Crackers * Rice cakes/Oat cakes * Dry Cereal * Raisins/Currants * Cold pasta/rice * Jam * Water | * Fizzy drinks * Sweets * Jellies * Chocolate bars * Popcorn * Chocolate biscuits/cake * Crisps * Capri Sun/Mi-Wadi/Fruit Shoots * Chocolate Spread * Frubes/Yoghurts pots/sachets –Due to spillages * Cereal bars * Nuts or nut containing products due to allergies |

**Ratified by Board of Management Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Chairperson, Board of Management.**