

# Castleconnell National School

## Healthy eating Guidelines

### **Rationale:**

Castleconnell National School aims to become a health promoting school. We cherish the healthy minds and bodies of all members of the school community. We aim to develop positive and responsible attitudes to eating and lead all concerned to appreciate the contribution food makes to the physical, mental and emotional well being of all. In line with our mission statement our overall goal is to celebrate the uniqueness of each and every member of our school community.

### **Nutrition:**

It has long been proven that what children eat influences both their physical and mental development. The food our children eat during the school day provides the energy, which they need to take part fully in all school activities. Both concentration and ability to learn are effected, as are the child's overall behaviour and energy levels. An awareness of the importance of nutrition will be developed through our SPHE programme and through the overall culture of a health-promoting environment.

### **Healthy Lunchboxes:**

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

**Suggestions: Sandwiches:** bread, bagels, croissants, baps, rolls, rice cakes, pitta pockets, tortilla wraps

**Fillings:** Cheese and tomato, peanut butter and jam  
Ham and coleslaw, nutella, banana, egg and onion  
Tuna and sweetcorn

**Salads:** Tasty spoonable mixture in a sealable tub  
Potato salad, rice salad, fresh fruit salad, egg salad

**Snacks:** Fresh fruit and vegetables

Cereal bars, fig roll bars

Dips with carrot sticks, bread sticks.

Instead of crisps try a small box of breakfast cereal

- Wednesday and Friday are our treat days. On these days we can include one piece of food from the top shelf of the food pyramid.
  
- It is recommended that everyone has at least one piece of fruit each day
  
- Cans and glasses are not permitted for safety reasons. Healthier choices of drink include water, milk and unsweetened juice. We request the use of re-usable plastic bottles rather than disposable cartons, as this will reduce

waste. This reduction in waste supports our plans to become more environmentally friendly.

- Some healthy snacks that we encourage for small break include popcorn, dried fruit, carrot sticks, cheese portions, yogurt, fromage frais and crackers.
- Foods with wrappers are to be kept to a minimum. This supports school policy to have a litter free yard and to reduce waste produced by the school community.
- As part of our SPHE programme in the school all classes will deal with the topic “food and nutrition” during the month of September. The topic will be highlighted in a cross-curricular manner including English, drama and art. Special emphasis will be placed on knowledge and understanding of the food pyramid. In addition this policy will be reviewed and discussed by each class. Efforts will be made to have charts of the food pyramid on display in classrooms and in public areas of the school.
- On special occasions such as school tours or school celebrations children may have extra items from the top shelf of the food pyramid.
- From time to time parents will be provided with the opportunity to attend a healthy eating information evening.
- Teachers will provide positive modeling and supportive attitude to encourage healthy eating.
- School staff will make every effort to encourage the adoption of this policy. Each teacher will have his or her own system of reward and encouragement. Praise and positive reinforcement will be utilised rather than sanctions.
- In June 2004 feedback will be invited from children, staff and parents. Review of this policy will take place in September of each year.

This policy has been drawn up in consultation with all stakeholders in the school and will be ratified by the Board of management.