

Healthy Eating Policy

Introductory Statement

This policy was formulated after consultation with teachers and parents of St. Luke's School, Douglas.

A committee of 2 parents and 2 teachers, worked together in October 2010. This committee researched healthy eating options and produced the St. Luke's School Healthy Eating Guide.

We focused on this policy to support parents and pupils in the development of 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.

Aim

To promote life long healthy eating.

Objectives

- To help children improve concentration, learning and energy levels
- To support parents and children to make healthy, enjoyable decisions around food.
- To encourage children to take some responsibility for a healthy diet.
- To develop nutritional awareness i.e. ingredients in foods.
- To support the school's Green School Policy by using reusable containers, minimising use of wrappers and growing our own food.

Guidelines

- A practical guide to healthy eating is attached to this policy.
- Crisps, fizzy drinks, sweets, chewing gum and large chocolate bars are banned at all times.
- A healthy lunchbox includes pieces of food from the first three shelves of the food pyramid. (see over attached leaflet)
- Healthy choices of drink include water, milk, and unsweetened juice. Only water can be sipped during the day. Milk and juice should be taken with food.
- Some of the healthy snacks that we encourage for break are listed on the attached leaflet. Nuts are not allowed because of a severe nut allergy.

- Foods, which have wrappers, are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment. ‘No Wrapper Day’ is currently on Thursdays.
- All classes will receive a minimum of 2 lessons on healthy eating every two years.
- Parents will be reminded if unsuitable food appears regularly in lunchboxes.
- School staff will provide positive modelling and supportive attitudes to encourage healthy eating.

Exceptions

- Friday is our free choice day – one piece of food from the top shelf of the pyramid, i.e. cereal bar, flapjack, muffin, rice crispy bun, slice of cake, fruit brack, biscuits, small chocolate bar is allowed.
- End of term parties.

Roles and Responsibility

The committee will co-ordinate the progress of the policy, encourage and accept feedback on its implementation and report back to staff, parents and pupils.

Timeframe for Implementation

This policy will be implemented from February 28th 2011.
Representatives from parents and teachers will be involved in the review.

Ratification and Communication

The Board of Management ratified the policy on _____. The policy will be communicated _____. It will be available in the school office on request.

Signed: _____
(Chairperson, B.O.M)

Date: _____

