

# **St. Columba's BNS | School Food Policy**

As parents and educators we are all very conscious of the importance of our children's diet and how it impacts on their health, development and well-being. Children spend a significant part of the day in school and therefore it is vital that they eat healthy and nutritious lunches. It is important that children develop healthy eating habits from a young age for both the pleasure of having a wide variety in their diets and gaining knowledge about nutrition. Meal times are treated as an opportunity for social interaction as well as laying the foundations for making healthy food choices.

St. Columba's B.N.S. is registered as a Health Promoting School and as part of this framework, representatives of all the school community worked together in drawing up this policy.

The School Food Policy should be read in conjunction with other relevant policies eg. School Health and Safety Policy, and with the school information booklet. .Copies of this policy are available for each member of staff, parents/guardians, those responsible for after-school activities, and the members of the Board of Management.

## **Aims of the Policy**

1. To promote the personal development and well-being of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.
3. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
4. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

## **Objectives**

1. To work towards ensuring that this policy is both accepted and embraced by teachers, support staff, pupils, parents and the wider school community
2. To integrate these aims into all aspects of school life, the curriculum and social activities.

## **Curriculum, Teaching and Learning**

1. On enrolment of pupils , their parent s will receive suggestions and guidelines for a healthy lunch in the form of information leaflets and a copy of the School Eating Policy.
2. Staff will receive training in relation to healthy eating and food safety.

3. The S.P.H.E. programme is used to reinforce the principles of a healthy lifestyle, incorporating good nutrition combined with activity and exercise.

### **Physical & Social Environment**

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

1. **Packed Lunches:** Parents are expected to support the school's healthy eating policy by providing a healthy, balanced packed lunch for their children. A healthy lunch-box contains a piece of food from the lowest 4 levels of the Food Pyramid ie.
  - a. **Tier 1** | Wholegrain bread, rolls, wraps, pasta
  - b. **Tier 2** | Fruit & Vegetables
  - c. **Tier 3** | Meat, Fish, Eggs, Poultry
  - d. **Tier 4** | Dairy Products
2. **Lots of Great & Tasty Ideas**
  - a. Snacks: wholegrain muffins, raisins, flapjacks, raw vegetables, fruit, seeds, dried fruit, fruit yoghurts, crackers, or bread.
  - b. Drinks: water, milk.
  - c. Carbohydrates: wholegrain breads, rolls, bagels, wraps, oatcakes, crackers, pasta, rice or rice cakes.
  - d. Fillings could include: cheese, tuna, hummus, cold meats, lettuce, cucumber, tomato, onion, peppers, coleslaw or salad.
  - e. Fruit: apple, orange, banana, grape, pear, plum, kiwi, melon, grapefruit, pineapple and many more ... Fruit should be brought to school chopped for younger pupils.
  - f. Raw Vegetables: ... carrots, peppers, cucumber, broccoli, tomatoes, sweetcorn and many more ...
3. **Times & Places to eat:** In St .Columba's B.N.S. the children eat twice a day in their classrooms, before going out to play.
4. **Food Hygiene:** Ongoing focus and awareness will be on the importance of washing hands, storage of foods and eating in a clean environment. Food is brought to school in lunchboxes and all uneaten food should be taken home
5. **Children with Specific Health Needs :** All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the classroom. Information relating to individual needs is discussed with all parents before their child's admission to school.
6. **School Events:** Healthy food and drinks will be available and encouraged at school events such as concerts and sports day
7. **Exemptions:** Pupils may be allowed to have a treat at end of term parties.

The success of this policy will be measured by:

- Observing what children have for lunch and during other break times
- The feedback from parents/guardians and school staff
- The level of concentration and performance of children in the class room

### **Monitoring and Assessing the Policy**

The staff, the Health Promotion Committee and the School Principal, monitors the school food and healthy eating policy. A review of the policy will be conducted as deemed appropriate, based on the success criteria outlined above.

### **Ratification and Implementation:**

This updated policy was formally ratified by the Board of Management at its meeting on

**14.06.2016.**

Its implementation is deemed effective from this date.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Donal Murray, Chairperson Board of Management**