



## **Healthy Eating policy**

**St. Patrick's BNS**

**17045Q**

### **Vision**

For St. Patrick's BNS pupils to achieve their full potential; to eat healthily and to establish good healthy eating habits, together with regular physical activity, to help them to live long, healthy and happy lives.

### **Objectives**

To provide a written policy for children, teachers and parents of St. Patrick's BNS to adopt and implement.

To promote the health of St. Patrick's BNS children through healthy eating and physical activity.

To support and improve children's knowledge and understanding of the importance of healthy eating and physical activity.

### **Rationale**

Reduced risk of heart disease, stroke, type-2 diabetes, cancers, and bone diseases in the future

Strong bones and muscles

Healthy weight for height

Ability to fight off sickness & disease

Easier recovery from illness/injury

Steady energy levels which in turn lead to mental well-being and an increased ability to concentrate and learn

The role of the school in contributing to family and community health and wellbeing.

### **Policy Implementation**

In June 2016 a document outlining foods that are and are not allowed in school and their alternatives was distributed to all parents/guardians (Appendix 1)

All classes also took part in a cookery demonstration highlighting alternatives to unhealthy food where pupils were invited to taste these healthy alternatives. Parents/Guardians were also invited

The policy will be published on the school website, distributed through the Parents' Group and to all parents at the start of the school year

All staff will support and promote the policy through regular verbal reminders to the children

If children bring food/drinks that are not permitted or encouraged to school, they will be encouraged to save them for home and asked not to bring them again. If this persists the teacher will remind parents/guardians of the school's Healthy Eating Policy.

### **Guidelines**

*The following foods and drinks are not permitted in St. Patrick's B.N.S.:*

Sweets or jellies

Crisps

Chewing gum

Fizzy, sports, energy or diluted drinks

Bars of any kind including cereal bars

Fruit winders

Yoghurts with a high sugar content (15g or higher)

Shop-bought, hot chicken rolls

Nuts (due to nut allergies)

St. Patrick's will also be a Sweet-Free Campus

### *Alternative Lunch Ideas*

Water and milk only

Fruit and vegetables: beetroot, cucumber, carrot sticks, lettuce, cherry tomatoes, cherries, grapes, strawberries, other berries, pineapple, watermelon, melon, kiwis, figs, dates, plums, peaches, avocado, mushrooms, pears etc.

Sandwiches (white bread is accepted but brown bread is encouraged)

Wraps with chicken, tuna, ham, turkey, lettuce, small amount of mayonnaise or relish, onion, tomato, cheese, cucumber, coleslaw etc.

Pasta with chicken, tuna, ham, corned beef, sweet corn, cheese, homemade tomato sauce etc.

Soup

Salads

One small treat from the list below is allowed on a Friday:

Fun-size bars

Biscuits

Chocolate rice cakes

Small chocolate yoghurts

Children will start lunch promptly at the bell regardless of school work and eat with desks clear. It is the responsibility of all pupils to be finished eating by the time bell goes for yard. No food is allowed in yard.

### **Role of Parents**

To provide healthy, well-balanced snacks and drinks for children

To encourage healthy eating at home

To inform the school of any child's special dietary needs

To adhere to this policy by not allowing their children to bring any prohibited items

To encourage children to be physically active after school and at weekends.

### **Role of Children**

To eat their school lunch and healthy snacks and drinks

To help make their lunch/snacks and remind parents/guardians of the Healthy Eating Policy

Not to bring unhealthy items to school

To get at least 60 minutes of physical activity a day through walking or cycling, playing games/sports.

### **Role of School**

To promote and encourage Healthy Eating.

If children bring unhealthy items to school they will be told not to bring them again. If bringing unhealthy food /drinks to school persists the teacher will remind parents of the school's Healthy Eating Policy.

### **Evaluation**

The Healthy Eating Sub-Committee will review the Policy when needed to ensure each class is adhering to the policy.

