

## St Declan's N.S. Whole School Food Policy.

### Rationale:

This policy was formulated by the Whole School Food Policy Committee after surveys of both parents and staff, and a lunchbox survey throughout the entire school.

The policy is designed to promote an awareness of, and support for the development of healthy eating habits from an early age.

### Aims:

1. To encourage the whole school community to make healthy food choices.
2. To promote the health of the child and provide a foundation for healthy living.
3. To promote the personal development and wellbeing of the child.
4. To increase knowledge and awareness of the benefits of healthy foods.
5. To promote environmental awareness.

### Curriculum Links:

SPHE: Taking care of my body, food and nutrition, making choices.

Science: Myself, Human life processes.

### School Practices.

1. Children bring packed lunches – eating time is given in classrooms before going out to the yard.
2. Lunches should contain a selection of healthy foods from the key groups - carbohydrates, fruit and vegetables, dairy.  
(Foods high in sugar are discouraged).
3. Water, as the drink of choice is encouraged. Access to drinking water at playtime is under consideration.
4. Swapping/sharing lunch is prohibited.(Health and Safety)
5. Parents/guardians will be contacted in the event a child forgets his lunch.
6. Parents/guardians of a child with a medical condition which requires a special diet should contact the school principal. The school should be informed of any known food allergies.
7. **Friday will be 'treat' day. Children may bring one small treat eg. chocolate bar, biscuit, cereal bar, bun or small cake with the rest of their lunch.**
8. If a child brings 'treat' items on days other than Friday, or brings more than one item on Friday he will be asked to leave it in his bag. If the child does not have enough food to fulfil his nutritional requirements his parents will be contacted to

bring in more lunch. If this is not feasible there will be a small store of healthy snacks available in Mr Kirby's room supplied by the Parents' Association.

9. If a child brings 'treat' items when they are not allowed a note will be sent home reminding parents of school policy. If this happens on more than two occasions the principal will be informed.
10. Lunches should be balanced, nutritious and varied. We encourage the eating of fruit and vegetables every day in school and we actively participate in the Food Dudes programme. The **school website** will have a **tab/link** to suggested '**healthy lunchbox**' ideas.
11. In the event of food allergies certain foods will be prohibited on Health and Safety grounds.
12. Treat items will be allowed for special occasions eg Christmas parties, ice-cream cone after Sponsored Walk, Easter Egg Hunts.
13. Food as rewards are not encouraged and alternatives such as stickers, privileges, 'backs to the walls' etc will be used.

#### **Hygiene and Environmental Awareness:**

1. Children are encouraged to use basic hygiene standards - eg wash hands after going to the toilet.
2. Put leftover fruit and vegetables in the compost bins provided.
3. Take home (in lunchbox) any uneaten food, wrappers, cartons, bottles etc.
4. Glass bottles and cans are not allowed in the school on Health and Safety grounds.

#### **Breakfast:**

A nourishing breakfast is the best start to any child's day, giving him the energy he needs to concentrate and learn. Parents should ensure their child has a healthy, nutritious breakfast before coming to school each day.

#### **Roles and Responsibilities:**

The success and smooth running of the Whole School Food Policy depends on the support and co-operation of the entire school community- parents, boys and school staff.

#### **Implementation and Review:**

The policy was first implemented on August 30<sup>th</sup> 2018 and is due for review in September 2021.

### **Ratification and Communication:**

The policy was ratified by the BOM on 29/5/18 and was communicated to the whole school community .

It is available on our school website for pupils, parents and any other interested parties to view.

### **WSFP Committee Members:**

Paul Kirby, Amanda Hawkins, Margot Greene (Staff).

Natalie White, Doireann Shanahan-Ball, Dena Lanigan (parents).

Darragh O'Dempsey, Elliot Doyle, Keelan McCormack (pupils).

### **Suggested Healthy Lunches**

Link to [www.safefood.ie](http://www.safefood.ie) Contains practical tips on how to prepare a healthy lunchbox with suggestions and a 5-day lunchbox planner.

### **Appendix**

The following foods and drink are totally banned in St Declan's school

**Nuts and nut related products, fizzy drinks, Capri Sun, chewing gum, lollipops.**

*Kari Dea - Principal 29/5/18*  
*Kathleen Hogan Chairperson 29/5/2018*