

# **Healthy Eating Guidelines**

## **Ransboro National School**

### **1. Introductory Statement**

These guidelines were formulated by members of the teaching staff in consultation with other staff members, pupils and parents. The involvement of teachers, parents and children in drawing up these guidelines ensures that children receive information on healthy eating both at home and at school. We encourage and acknowledge the support and cooperation of parents in this work, and fully acknowledge the right of every parent to provide for their children as they consider best. The aim of these guidelines is to ensure that children eat a healthy, well balanced lunch and to encourage the development of healthy eating patterns.

### **2. Rationale**

It was decided to focus on this area for development in order to improve pupil's health. Healthy eating is an essential component of the overall health of children. The adoption of a whole school approach ensures that healthy eating messages are a part of every aspect of school life.

As part of the Social, Personal and Health Education (SPHE) programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children's understanding of how the body grows and develops.

❖ SPHE Strand Unit:

- Taking Care of My Body: Food and Nutrition (Curriculum J. Infants – 6<sup>th</sup> Class, Making Choices) (See Teacher Guidelines pp. 11-13)

❖ Physical Education

❖ Science Strand Living Things: Strand Unit: Myself

- Human Life Processes (Curriculum J. Infants – 6<sup>th</sup> Class) (See Teachers Guidelines pp.10-11)

### **3. Aims**

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 raise levels of concentration within class by way of consumption of healthy food.
5. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

### **4. Relationship to the Characteristic Spirit of the School**

In accordance with our aim to develop the pupils to the best of their ability, we see ourselves as having a role in the process of enabling pupils to increase control over and improve their health. The Food and Nutrition strand in our SPHE plan helps us promote this policy in our school.

### **5. Healthy Lunch Guidelines**

Parents and children in all classes were surveyed in May 2015. Some of the children's responses included:

What are the benefits of eating healthy food?

- Have more energy, feel stronger and live longer
- Have good teeth, strong bones and body
- Healthy, fit and have lots of energy
- Better concentration
- Healthy food provides all the important vitamins, minerals, iron, calcium and protein
- Lowers cholesterol, heart failure, obesity and diabetes.

What could be in a healthy lunch?

- Fruit 31%
- Bread, pasta, rice, nuts & cereals 29%
- Vegetables 15%
- Dairy 15%
- Meat & Poultry 15%

What should not be in a healthy lunch?

- Chocolate 27%
- Cake, Buns, Biscuits, Bars 22%
- Crisps, Popcorn, Nuts 21%
- Sweets 17%
- Nutella & Jam 7%
- Ice-cream, Yop 2%
- Pizza, White bread 2%
- Items high in sugar & fat 2%

What drinks are suitable for a healthy lunch?

- Water 47%
- Homemade Juice 24%
- Milk 18%
- Smoothie 6%
- Other 5%

What drinks are not suitable for a healthy lunch?

- Fizzy drinks 73%
- Hot chocolate 13%
- Juice (dilute) 11%
- Smoothies 2%
- Other 1%

From these results the following guidelines emerged.

## Ransboro NS Healthy Lunchbox Tips

An example of a healthy lunch would be water, a sandwich with protein filling or a pasta salad, a piece of fruit and a yoghurt.

Carbohydrates	Protein	Fruit/Vegetables	Dairy	Drinks
Bread	Meat filling	Fruit	Cheese	Water
Roll	Salad filling	Fruit Salad	Yoghurt pots	Milk
Pitta Bread	Egg filling	Homemade fruit	Frubes	Diluted
Wrap	Fish filling	smoothies		Juice (in a
Bagel	Cheese	Vegetables		reusable
Ciabatta	filling	Vegetable sticks		bottle - no
Crackers	Slices of			cartons
Breadsticks	meat			allowed)
Scones	Hummus			
Rice Cakes				
Brioche				
Pasta				
Rice				

**Friday Treat - Children are allowed to bring one item from the following list as an extra treat on a Friday.**

Cereal Bar	2 biscuits
Home baked item	Chocolate/yoghurt covered rice
cake	
Treat size bar	

**The following foods are NOT allowed in school at any time:**

Chewing gum	Chocolate
Sweets	Crisps
Fizzy Drinks	Flavoured drinks
Nutella or any chocolate spread	Nuts
Popcorn	Fruit Winders
Hot drinks - hot chocolate/soup/tea/coffee (for safety reasons)	

Sweets will not be used as rewards but on special occasions teachers may give out sweets at their own discretion, eg. End of term parties/school trips/celebrations.

## **6. Success Criteria**

We will know that the policy is effective when healthy eating has become a habit for all pupils.

## **7. Roles and Responsibility**

These guidelines were developed by the staff. They are implemented by the parents and supported by the teaching staff.

## **8. Review and Evaluation**

These guidelines will be reviewed June 2017

## **9. Ratification**

These guidelines have been ratified by the BOM.

**Date:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Chairperson BOM**