

Glenasmole National School Healthy Eating Policy

The original policy was formulated by the staff of Glenasmole NS in 2005. This reviewed policy was completed in June 2016 in consultation with staff, parents and the Board of Management. This reviewed policy was ratified in September 2016.

Mission statement.

- Glenasmole National School, through these guidelines, aims to help all those involved in our school community, children, staff and parents, to develop positive attitudes to eating and healthy living. We wish to promote 'the personal development and well being of the child and to provide a foundation for healthy living in all its aspects'. (SPHE Guidelines)
- To help achieve this, our guidelines will reflect good eating habits. These should be established at an early age. As children have a right to learn about different foods so that they may make informed choices throughout their life.
- The purpose of making healthy food choices enables children to attain their optimum growth, development and health potential.
- Recent research (Department of Health and Children) has highlighted disturbing trends, including an increase in childhood obesity and diabetes so therefore our policy and guidelines are both timely and critical for the health and development of children.
- Through a whole school approach, and within the context of SPHE the children, parents and staff will learn about nutrition, healthy eating and healthy living.
- Our healthy eating guidelines hope to enable the children to develop and understand of healthy living, and an ability to implement healthy behaviour and willingness to participate in activities that promote and sustain health. This includes physical activity.
- We feel that, in developing the policy, parents, children, teachers, school staff and the BOM should be involved in a collaborative way. We also hope to review these guidelines every two years.
- All classes will receive a least 1 lesson on healthy eating each term.
- School staff will provide positive modelling and supportive attitudes to encourage healthy eating.
- We will also hold a Healthy Eating Awareness week annually.
- Parents will be supported in their role as Primary Educators by providing them with up to date information on healthy eating habits from the Dept. of Health.

Guidelines.

A healthy lunch box includes:

- At least 2 portions from the bread, cereals group.
- One portion from the meat and the meat alternatives group.
- 2/3 portions from fruits and vegetables.

- One portion from the dairy products.

The following foods do not support a healthy lunch policy and should be excluded from your child's lunch box; crisps, chewing gum, sweets ,bars including cereal bars, cakes, lollipops, chocolate, winders, crispie buns and especially peanuts.

Due to the incidence of severe allergy to peanuts and mixed nuts amongst some pupils, we ask you to be vigilant in the following:

- Avoid peanuts or any other type of nut in school lunches.
- Avoid giving peanut butter sandwiches, chocolate spreads containing nuts such as Nutella, nut based breads and cereal/health bars containing nuts or labelled "may contain nut traces" in school lunches.
- Ask children not to share their lunches.
- If your child has eaten peanuts/nuts before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.

Healthy snack options (Lower in sugar and fat)

Foods from the top tier of the food pyramid should not be included in your child's lunchbox.

Sometimes it can be difficult to think of alternatives to these. Here are some tasty alternatives.

- Fruit (for example, an apple or banana, handful of grapes)
- Washed, raw vegetable pieces (for example, sticks of carrot, celery, pepper and cucumber.
- Washed, raw vegetables (for example, cherry tomatoes)
- Half a tin of fruit (in its own juice)
- Plain pop corn (unsalted)
- Plain breadsticks, unsalted plain or wholewheat crackers, crispbreads or water biscuits served with fruit or cheese.
- Plain rice cakes.
- Natural or low fat yogurt with fresh fruit (fresh, frozen or tinned in its own juice)
- Wholemeal or plain scones.
- Plain biscuits (for example, digestive biscuits, rich tea)*
- Fruit bun or mini fruit loaf.*
- A plain slice of cake.*
- A slice of carrot cake or banana bread.*
- Sugar-free jelly pots or fruit jelly.
- Pot of custard or rice pudding.

**These are best taken with meals (when they are less damaging to the teeth) and should not be taken too frequently between meals. These snacks are nutritious, but still contain some sugar, fat and salt.*

Healthy choices of drink include water, milk and unsweetened natural juice. Children should be encouraged to use re-useable containers for safety and litter reasons. Cans and glass bottles are not permitted.

Glenasmole National School

Healthy Eating Survey June 2016

27 parents responded to our survey (22 paper, 1 email, 4 online) **Red**
 12 children responded to a partial survey Q1 & 2 **Blue**

1. Do you think your child already brings a healthy lunch to school?

Yes **25** **11** No Not sure **2** **1**

2. Which of the following foods do you think should **NOT** form part of a healthy school lunch? Please add extra items below if required.

Chocolate	27 10	Crisps	26 10	Sweets	27 9
Fizzy drinks	27 7	Chocolate Biscuits	25 0	Plain biscuits	17 0
Cake	24 5	Cereal bars	17 0	Dessert pots	24 9
Fruit winders	22 4	Chocolate Croissants	24 4	Chocolate spread	23 0
Cold pizza/goujons	1	Corner yogurts	1	Caprisun	1

3. Would you approve of a change to our Friday treats (replace lollipops and sweets with stickers /certificates /non-edible treats)?

Yes **12** No **15** Not sure

4. Do you approve of end-of-term parties - Christmas, Halloween, Easter, Summer, where children can bring treats to school?

Yes **26** No Not sure **1**

5. Would you like ideas about items to include in healthy lunches?

Yes **23** No **4** Not sure

6. Are you aware of the lessons we teach at school about healthy eating - Food Dudes programme, Food pyramid and food groups, Healthy Eating week in September?

Yes **25** No **1** Not sure **1**

Many thanks for completing this survey. Please add comments or ideas here if you wish (**paraphrased**)

- Sometimes allow cereal bars and chocolate spread
- Limit parties
- Healthy alternatives at parties
- Healthy food at sports day
- Treats ok in moderation
- Lessons about healthy eating good
- Fussy eaters a problem
- Lollipops every 2 weeks instead
- Healthy eating week - 1 per term
- Treat on Friday in lunch
- Food Dudes causes anxiety
- Prefer non-edible treats
- Have competition for veg eating

Ideas for non-edible treats

- 3D stickers
- Sticker book
- Fridge magnets
- Hair clips

Results of Healthy Eating survey June 2016
Responses - 27 parent, - 12 child (5th & 6th partial survey)