



St. Patrick's N.S., Stackallen.

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) programme in St. Patrick's N.S., Stackallen, we encourage the children to become more aware of the need for healthy food in their lunch boxes. What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

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.

Objectives :

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

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

Bread & Alternatives:

Bread or rolls, preferably wholemeal
Rice
Pasta
Couscous
Pitta Bread
Bagels
Crackers
Rice Cakes

Savouries and Sandwich Fillers:

Lean Meat
Chicken/Turkey
Egg
Tinned Fish e.g. tuna/sardines
Cheese
Hummus

Fruit & Vegetables:

Apples, Oranges, Bananas, Peaches
Strawberries, Raspberries, Blueberries, Blackberries

Drinks:

Water
Milk
Soup
Yoghurt drink

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- All crisps (including crisp-style snacks)
- All sweets
- Chocolate biscuits/bars or chocolate/icing on home baked goods
- Chocolate spread/bread/yoghurts/bars/buns/biscuits
- Cereal bars
- Chewing gum
- Fruit winders
- Fast food
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sports and other energy/isotonic drinks

Treat Day

On treat days, such as Fridays, end of term, school trips and school events, one 'fun size' treat can be included in children's lunchboxes. Treats may also be used occasionally as school rewards.

Green Flag School

In keeping with our green school ethos children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- use reusable drink cartons and containers.
- not bring in cans and glass – for safety reasons.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.