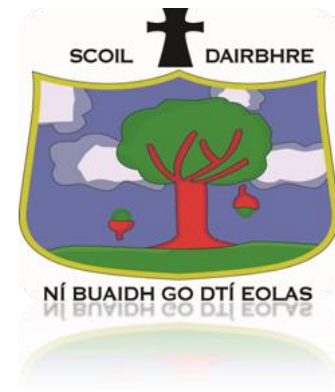


Darver National School

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Healthy Eating Policy

Introductory Statement/Rationale

Our Healthy Eating Policy was formulated in consultation with pupils, our parents association, staff and board of management. The policy was developed in order to highlight the importance of children's health, to adopt a whole school approach towards healthy eating and to learn how healthy eating may contribute to our health. It provides information and guidelines for parents/guardians (see appendix 1) and is also a reference for teachers when talking to their class about healthy eating.

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. This policy directly relates to much of the primary school curriculum.

Vision

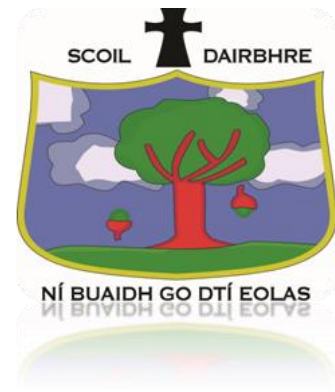
In line with the principles of the primary curriculum, we as staff endeavour to celebrate the uniqueness of each child and assist in the development and realisation of each child's full potential. We believe a healthy eating policy is an important aspect of this. Healthy eating during the school day promotes good concentration and alertness. Treats and drinks which have high sugar levels affect concentration and can cause surges and dips in energy. While some foods appear healthy they contain high levels of sugar and additives.

Aims

- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition to raise levels of concentration within class due to consumption of healthy food
- To encourage children to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons, wrapping etc.
- To help children to appreciate the need to care for the body in order to keep it healthy and strong.
- To alert children and parents to the fact that some children may be allergic to certain foods (e.g. nuts) and these should not be brought into school for health & safety reasons.
- To encourage parental involvement (see below).

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Healthy School Environment

- We encourage our children to eat a healthy and balanced diet at all times.
- We encourage our children to recycle.
- We promote our policy on a daily basis but its content is focused on in more detail through discrete time during Science and Geography.
- Posters and other materials (e.g. The Food Pyramid) are displayed throughout the school
- Competitions eg. Prizes for posters promoting healthy eating

Other Considerations

- Responsibility for implementation of this policy lies with the whole staff and will be reviewed from time to time and changes made when needed. This review will be based on feedback from staff (through regular monitoring), parents and children.
- Implementation of this policy will commence on “Date???”

Exceptions:

- Teachers may use sweets as treats from time to time.
- End of term parties
- School trips
- School events – concerts, matches etc.

If a child brings a treat for any other reason, then above he/she will be asked to take it home.

Ratification

Ratified by the Board of Management on _____

Signed: _____

Signed: _____

Chairperson

Principal

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APPENDIX 1

Parental/Guardian Involvement

- All parents/guardians have been made aware of our policy and it is available for them to read.
- Parents/guardians are asked to give their children only what they will eat i.e. suitable portion sizes and food they like. This allows children to eat everything in the time allocated and avoids waste. All uneaten food is to be taken home.
- Parents/guardians are asked to consider using recycling materials such as lunch boxes and plastic bottles and to cut down on containers and wrappings that produce waste.
- Parents should involve children in drawing up shopping lists or take their children shopping for healthy snacks and lunches for school.
- For more information on healthy eating please visit our school web page links listed below.

<http://www.darverns.ie/wp-content/uploads/2014/08/2012-Safefood-Healthy-Lunchboxes-Leaflet-v4-1.pdf>

<http://www.darverns.ie/wp-content/uploads/2014/08/Tips-to-increase-vegetables-in-your-childs-diet-1.pdf>

<http://www.darverns.ie/wp-content/uploads/2014/08/Tips-to-increase-fruit-in-your-childs-diet-1.pdf>

Some foods and drinks that are encouraged in school:

<ul style="list-style-type: none"> • Fruit (peeled and chopped for easier and quicker consumption) 	<ul style="list-style-type: none"> • Salads – green, rice, pasta, potato, beans etc.
<ul style="list-style-type: none"> • Cooked/raw vegetables. 	<ul style="list-style-type: none"> • Homemade brown bread & brown scones
<ul style="list-style-type: none"> • Rolls, Bagels, Pitta pockets & Sandwiches 	<ul style="list-style-type: none"> • Rice cakes, Crackers, Cheese, Raisins & Yogurt drinks
<ul style="list-style-type: none"> • Homemade brown bread & brown scones 	<ul style="list-style-type: none"> • Yogurt & Yogurt drinks
<ul style="list-style-type: none"> • Water – strongly encouraged 	<ul style="list-style-type: none"> • Fruit Juice – Diluted drinks are healthier than cartons of juice

Some foods and drinks that are not allowed in school:

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<ul style="list-style-type: none"> Nuts or any food containing nuts including Nutella and peanut butter 	<ul style="list-style-type: none"> Chocolate bars
<ul style="list-style-type: none"> Biscuits 	<ul style="list-style-type: none"> Crisps, tortillas, popcorn & Pringles
<ul style="list-style-type: none"> Sweets, toffee, fudge, chocolate etc. 	<ul style="list-style-type: none"> Buns, doughnuts, pastries, cakes, etc.
<ul style="list-style-type: none"> Chewing Gum 	<ul style="list-style-type: none"> Fizzy drinks Sports Drinks
<ul style="list-style-type: none"> Dessert-based yogurts (e.g. Flake/Milky Bar/Rolo/Crunchy Corner) 	