

Kilcredan N.S, Kilcredan, Ladysbridge, Co, Cork.



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Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Kilcredan National School, 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).

To promote healthy eating habits in our school, we introduced a healthy eating policy in the school.

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.

In Kilcredan National School we have two breaks and children are allowed time to eat either prior to going out to play and/or, after they come in from play. In the case of younger children, parents should talk to the child about what he/she would like to eat and if possible make it easy for them by discussing what they might eat at first break and second break.

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 – wholegrain

Pasta – wholegrain

Potato Salad

Wholemeal Scones

Bread sticks

Crackers

Pitta bread

Savouries

Lean Meat

Chicken/Turkey

Tinned Fish e.g. tuna/sardines

Cheese

Quiche

Pizza

Fruit & Vegetables

Apples, Banana, Peach

Mandarins, Orange segments,

Fruit Salad, dried fruit,

Plum, Pineapple cubes

Grapes,

Cucumber, Sweetcorn

Tomato,

Coleslaw.

Drinks

Milk, Water

Fruit juices

Squashes, i.e. low sugar

Yoghurt

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead. School milk is available for anyone who wishes to join the school milk scheme. Information on the cost per term is circulated to parents at the end of each term. This milk is stored in special fridges in the school.

We ask that children do not bring the following to school on Monday, Tuesday Wednesday or Thursday.

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

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc.)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn

So as to take a proactive approach to healthy lunches, teachers will from time to time, speak to their classes about the importance of healthy lunches. We encourage all parents to adhere to the healthy lunch policy. It is easier to implement when everyone adheres to it. The class teacher may contact a parent in instances where the healthy lunch policy is not being adhered to. If your child has specific issues in relation to food please make your child's teacher aware of this. In cases of children having allergies to certain foods i.e. nuts, the school may ask that parents of children in a particular class to avoid putting nuts in their children's lunchboxes. This is on health and safety grounds to avoid the possibility of a child suffering anaphylactic shock due to exposure to nuts.

A very simple approach to healthy eating is to use the Food Pyramid:

Fats	
Sugar Sweets etc.	Sparingly
Meat, Fish	2 portions per day
Peas/Beans	
Milk, Cheese	3+ portions per day
<i>Yoghurt</i>	
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

Treat Day

Friday will be our treat day. On this day, children can include one food item from the 'not allowed on Monday to Thursday list. Please note: popcorn is only allowed on Fridays.

Green Flag School

Our green school motto is:

'GET GREEN, KEEP GREEN, MAKE IT INTO A REGULAR ROUTINE!'

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- 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.

This policy was ratified by the Board of Management in 1998. It will be reviewed as required.