

**DROM NATIONAL SCHOOL  
SCHOOL POLICY PLANNING**

# **HEALTHY EATING**

## Healthy Eating Policy

### RATIONALE

As part of the Social, Personal and Health Education (SPHE) Programme at Drom National School, we encourage the children to become more aware of the need for good nutrition. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum looks at the development of the body and deepens the children's understanding of how the body grows and develops.

The focus of this policy is to formalize the existing approach to healthy eating in our school, to support parents and students in relation to adopting a healthy balanced diet and to clarify the food items which are and are not permitted to be eaten in Drom National School as part of this effort.

### 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.

### GUIDELINES

There are two lunch breaks for students in Drom National School:

11.00am – 11.10am

12.30pm – 1.00pm

If possible, lunches provided to the students should include a variety of the following:

- Bread or bread alternatives, pasta or rice
- Fruit and vegetables
- Milk, cheese and yoghurt
- Meat, chicken or Tuna
- Water, milk or fruit juice

For example: A healthy lunch might be a ham, cheese or tuna sandwich, yoghurt, some fruit and a drink of water, milk or fruit juice.

The following foods / drinks are not permitted in our school:

- Chewing gum
- Lollipops
- Sweets
- Crisps, crisp alternatives or salted nuts
- Fizzy Drinks
- Biscuits, cakes and buns
- Chocolate products
- Drinks in glass bottles
- Drinks in cans
- Hot drinks
- Pot noodles

Should a student bring any of the above items to school, they will be asked to bring the food / drink item home in their lunch box.

We would ask that inclusion of the following food items would be limited to one day per week:

- Popcorn
- Fruit winders
- Chocolate spread

On treat days, teachers may give treats to their own class. These would be special occasions such as:

- End of the week on a Friday
- End of term,
- Halloween, Christmas, Easter etc.
- School events and tours

### **GREEN SCHOOLS PROGRAMME**

- The school asks students to bring all food items in a lunch box. Children are discouraged from using tin foil, cling film and plastic bags to wrap food items.
- All lunch litter must be returned home for disposal.

### **MEDICAL CONDITIONS**

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

### **ROLES AND RESPONSIBILITY**

Each class teacher will co-ordinate the progress of this policy and can encourage the children to bring healthy lunches but ultimately the responsibility for eating healthily lies with the Parent /Guardian of each child.

### **IMPLEMENTATION**

This policy will be implemented following ratification by the Board of Management.

### **RATIFICATION**

This policy was ratified by the Board of Management of Drom National School on 21<sup>st</sup> March 2017.

Date of next review: September 2018