

ST. GABRIEL'S PRIMARY SCHOOL HEALTHY EATING POLICY

As part of the Social, Personal and Health Education (SPHE) Programme, at St. Gabriel's School we encourage the children to become more aware of the need for healthy eating. 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. Furthermore, **We are a nut-free school.** No nuts or items advertised as nut products e.g. peanut butter, Nutella, fruit & nut bars are allowed. This applies to children and adults.

Aims

To promote a positive and healthy attitude to food and eating.

To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy

To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

To help the school community to appreciate the contribution that good food makes to physical and mental health

Role of Parents:

- Provide a healthy well-balanced lunch for children that children can eat independently
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring nuts, nut products, chewing gum, crisps, popcorn, chocolate bars, sweets fizzy or flavoured drinks to school

Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches where appropriate and remind parents of the school Healthy Eating Policy
- To avoid bringing nuts, nut products, chewing gum, crisps, popcorn, chocolate bars, sweets fizzy or flavoured drinks school

Role of School:

- To promote and encourage healthy eating through regular discussion and the SPHE curriculum.
- To remind children not to share food because of possible allergies and parental preferences.
- If children bring nuts, nut products, chewing gum, crisps, chocolate bars or candy to school they will not be allowed to eat them while in school. If children have these foods and no other food or no food for their lunch a lunch will be provided by the school for them.

Lunch

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). A healthy lunch is provided free in our school for most

children. Children are not required to take part in this scheme and parents may then supply their own lunch. Lunches should be healthy e.g. milk and a sandwich and packed in a manner that allows the child to manage independently. It is important to encourage eating a healthy lunch right from Junior Infants.

Safety

For safety reasons children should not bring hot drinks, cans or glass containers to school.

Allergies/Dietary requirements

Parents are requested to inform the school in writing if their child has any allergies or special dietary requirements because of health or cultural reasons. Due to the potentially serious nature of nut allergies **we are a nut-free school**. No nuts or items advertised as nut products e.g. peanut butter, Nutella, fruit & nut bars are allowed. This applies to children and adults.

Environment and Green Flag

We are a Green Flag school. We strive to protect our school environment and reduce litter. As such, all uneaten food, used wrappings, containers and cartons should be taken home.

Treats

Children are allowed to bring one treat item to school for end of year parties and on school trips. They may also bring a treat for themselves on their birthday, when it falls on a school day. They are never allowed to bring nuts or items advertised as nut products They may not bring cakes or treats for the whole class as this may have health risks if a classmate is coeliac, anaphylactic, diabetic etc. It also causes unnecessary expense and pressure for other parents.

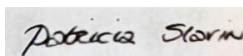
Summary

- No flavoured/fizzy drinks, crisps, popcorn, chocolate, sweets, high sugar snacks or gum
- Children are encouraged to drink milk or water only. Both are provided in school.
- A healthy breakfast before school is vital for concentration and energy
- A sensible lunch is recommended and is provided free in school for children.
- We are a nut-free school we do not allow nuts or items advertised as nut products

Review

This policy will be reviewed by the Board of Management as necessary and at least within a four-year period.

Signature



Signed on behalf of the Board of Management:

Chairperson of Board of Management

Date: November 21st 2024