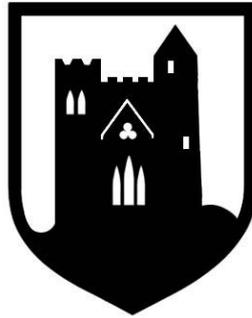


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Healthy Eating Policy

Introduction

This policy aims to promote the health and well being of the child and provide a foundation for healthy living. 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). In Ireland, dietary related diseases accounts for a considerable proportion of deaths due to ill health. Lusk National School promotes healthy eating in conjunction with regular exercise recognising the close link between diet and exercise in promoting a healthy lifestyle.

Aim

To create an awareness among our school community, and in particular the pupils, that there is a direct link between eating patterns and health. Through a planned structured approach we aim to support healthy eating patterns in our pupils.

Objectives

- To enable the child to appreciate the importance of good nutrition for growing, 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 create an environment to make changes easier, for example, healthy eating days, eating options at parties etc
- To encourage parents to provide only healthy choices in lunch boxes.

Policy Content

Suggested Options

It is good practice to encourage a healthy lunch as early as possible in a child's life. The following guide is designed to help parents provide appetising and nutritious lunches for their children.

Bread & Alternatives

Bread or rolls preferably wholemeal
Rice - wholegrain
Pasta - wholegrain
tuna/sardines
Potato Salad
Wholemeal scones
Bread sticks/crackers/pitta bread
Home made muffins

Savouries

Lean meat
Chicken/Turkey
Tinned Fish e.g.
Cheese
Quiche

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments
juices/Smoothies
Fruit Salad, dried fruit
Plums/Pineapple cubes/Grapes
Cucumber/Sweetcorn/Tomato/Coleslaw

Drinks

Milk*
Fruit
Water**
Yoghurt

*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.

**Children should also be encouraged to hydrate properly, as hydration is directly linked to academic and physical performance. Children should be encouraged to drink water regularly throughout the day.

Treats

Our policy encourages all children to eat a healthy, balanced lunch every day. An individual treat is acceptable one day per week (in line with department policy that such treats should be consumed sparingly). A small/ funsize treat such as popcorn, a chocolate biscuit, muffin, cereal bar etc may be taken to school on this day generally Friday, as an addition to the child's normal lunch.

UnHealthy Foods

The following items are completely banned from consumption on school property, and on any school-related outings: -

- Crisps
- Fizzy drinks
- Chewing gum

- Toffee
- Lollipops/hardboiled sweets
- Fruit winders

School Implementation

- Class teachers will encourage compliance with the school policy using a range of techniques such as teacher praise, educational lessons during SPHE, and possible reward schemes.
- The reward scheme will include promotion of a 'treat free Friday' presenting children with stickers for those who choose not to bring in a treat on Friday.
- Classes will receive regular visits from the Principal/Deputy Principal to support the Healthy Eating Policy
- Information will be shared at meetings with parents of new infants regarding our school policy. The schools Infant Information Booklet will include greater detail regarding our policy and may use colour coded data to heighten awareness
- Laminated colour coded notices will be displayed in each classroom, outlining promoted and banned foods in the school.
- Asking the question "What's in your lunchbox?" encourages pupils to examine their content and nutritional value
- A nutritionist or teacher will be organised to speak to the children on a topic of healthy eating on occasion. Presentations will include junior and senior assemblies in the hall, and individual class presentations.
- Staff will be conscious of the pitfalls of using sweet treats as a reward system and will limit this method of reward to occasional Fridays.
- Lusk National School is an 'Active School' and was awarded our Active Flag in 2015. We are also part of the 'Healthy Schools Initiative'. In conjunction with our 'Healthy Eating Policy' we promote an active lifestyle and organise daily exercise for the children through activities such as DEAR (Drop everything and Run), dance academy, 'cara clós'.

Communication

- Suggested lunches for everyday are recommended in the policy which will be distributed to parents and made available on the website.
- Parents are recommended to consult the safefood.eu website for suggestions regarding healthy options

- Information, recipes, lunch ideas etc will be made available to all homes in order to promote Healthy Eating via the school website.
- As part of our 'Healthy Schools Initiative' teachers discuss healthy eating and healthy lifestyle choices at school assembly on a regular basis.

Review

This policy was ratified in January 2016 and will be reviewed as the need arises.

Mr. Lorcan O'Toole, Chairperson
Comiskey, Principal

Mr. Paul

_____ Date

Appendix

Sample Lunches

Wholemeal bread/ham & cheese
Fruit Yohurt
Cut melon cubes
Small packet raisins
Milk/water/fruit juice

*

Pitta filled with sliced turkey and cream cheese
Carrot sticks
Pineapple chunks
Yoghurt covered raisins
Milk/water fruit juice

*

Small roll with tuna and sweetcorn
Pineapple and cheese chunks
Yoghurt covered raisins
Mini fruit muffin
Milk/water/fruit juice

