



Healthy Eating Policy

Rationale

It is the policy of Carbury School that healthy eating will be encouraged by pursuing both education for pupils and guidance for parents.

We approach this policy with the understanding that ultimately children's appetites and tastes differ and it is a parent's responsibility to ensure that his/her child eats healthily at all times, including during school activities.

In the course of studying Science and SPHE children will be exploring:

- ❖ Food Groups
- ❖ The consequence of a poor diet
- ❖ The Food Pyramid

All children are encouraged to eat balanced and proportionate meals at all times including those meals eaten while in school. Children develop values and responsibility to be able to make good choices. It is important that children have a good breakfast as this aids concentration and helps children remain alert during class.

Aims

- To promote the personal development and well-being of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

- 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.

The Food Pyramid

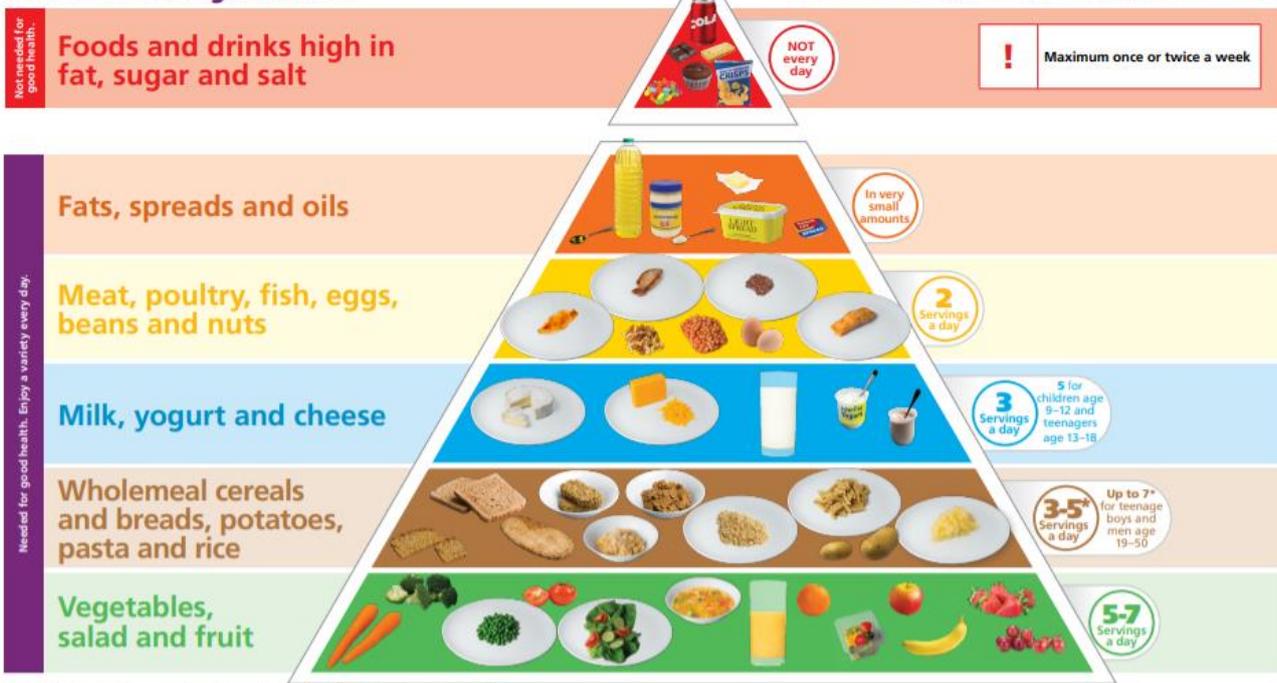
The Food Pyramid outlines an excellent common-sense approach to healthy and balanced eating. All children's lunches should contain a majority of items from the three lower food groups. Food selected from higher levels should be in decreasing amounts. **Treats such as chocolate should always be limited.**

Friday is our treat day.

One piece of food from the top shelf of the food pyramid may be included on this day.

The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

| Active | Child (5-12) | Teenager (13-18) | Adult (19-50) | Adult (51+) | Inactive | Teenager (13-18) | Adult (19-50) | Adult (51+) |
|--------|--------------|------------------|---------------|-------------|----------|------------------|---------------|-------------|
| | 3-4 | 4 | 4-5 | 3-4 | | 3 | 3-4 | 3 |
| 3-5 | 5-7 | 5-7 | 4-5 | 4-5 | 4-6 | 4 | | |

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.

Source: www.healthyireland.ie

Breaks

- At Carbury School two breaks are timetabled, each lasting twenty minutes.
- Children are given time to eat their lunch indoors before playing. Children are encouraged to sit at their desk while eating. This is necessary in terms of good eating etiquette and also to minimise opportunity for spillage.
- On Fridays, children are encouraged to eat treat items last, once all other items have been eaten. Children should not exchange food items.
- There is an area provided for storage of lunch boxes. Lunch boxes and drinks should not be stored in schoolbags for the day.
- Drinks should not be carried into school in schoolbags as spillages can ruin expensive textbooks. Water and fruit juices are encouraged but fizzy drinks are not permitted. It is not possible to provide hot water in school for children to make instant soup or pot noodles and flasks are not permitted.

List of Suggested Food

The following is a list of suggested food for a healthy school lunch as recommended by the Health Promotion Unit, Department of Health.

| | |
|---|--|
| <p><u>Group One</u> Bread/ Cereal/Pasta</p> <ul style="list-style-type: none"> ❖ Sandwiches / Rolls ❖ Pitta Bread ❖ Naan Bread ❖ Pasta Salad ❖ Crackers ❖ Crisp Bread ❖ Pancakes ❖ Scones ❖ Pasta | <p><u>Group Two</u> Fruit/Vegetables</p> <ul style="list-style-type: none"> ❖ Any fruit or vegetable ❖ Salad in a box ❖ “Winders” are not permitted * Please remember to peel/cut fruit for younger children. |
| <p><u>Group Three</u> Dairy</p> <ul style="list-style-type: none"> ❖ Small Packet of cheese ❖ Yoghurt (with spoon, no Frubes) ❖ Yoghurt Drinks | <p><u>Group Four</u> Meat</p> <ul style="list-style-type: none"> ❖ Meat in sandwiches ❖ Cold meats |
| <p><u>Group Five</u> Treats</p> <ul style="list-style-type: none"> ❖ Small fun-size bars ❖ Small cake ❖ Cereal bar | |

Green Schools

We are trying to reduce the amount of waste in the school; we would encourage children to bring home their packaging.

Communication

We appreciate your co-operation in this. All parents can access the Healthy Eating Policy on the school website. Teachers will observe lunches brought to school and will encourage pupils to bring balanced meals and learn to make healthy choices in their diet.

CARBURY SCHOOL IS A NUT-FREE ZONE

A small number of pupils in Carbury School suffer from a serious and life-threatening allergy to nuts. In the event of these children coming into contact with traces of nuts, or even another child who has been eating or been in contact with nuts, they are likely to suffer a severe reaction and to require immediate medical attention, with the risk that they might even die.

In order to protect these children from the very serious effects which any contact with nuts may involve, the Board decided that Carbury School would become a **NUT-FREE ZONE**. This means that nuts in any form are banned from the school.

Therefore, parents need to exclude the following from lunch boxes, and any other food which is taken to school:

- **NUTS**
- **PEANUT BUTTER**
- **NUT SPREAD (e.g. Nutella)**
- **BARS AND OTHER FOOD CONTAINING NUTS (e.g. Snickers, Topic bars, nut toffee, peanuts or hazelnut cookies, etc.).**

Foods which may contain traces of nuts should be okay.

The Board of Management considers it extremely important that all parents should co-operate in ensuring that this ban is implemented, so that these children are kept safe and healthy while in school. We ask you to do your best to ensure that they are not exposed to any risk as a result of the food your children take to school.

Monitoring and Review Procedures

The Board of Management strongly believes in the benefits of this healthy eating policy and we encourage parents to take this policy seriously for the sake of the children's health.

This policy was ratified in February 2019 as part of our SPHE and Science Plan. It may be amended at any stage by the Board of Management if deemed necessary. It was reviewed again in December 2021.

A copy of this policy will be published on the school website www.carburyschool.com.

Signed: Linda McMahon _____ Date: 3rd December 2021
Principal



School Manager