

BIA FOLLÁIN HEALTHY EATING

Gaelscoil RaifteNírí,
Faiche an Aonaigh,
Caisleán a' Bharraigh,
Co. Mhaigh Eo
Uimhir Rolla: 19832D



RATIONALE

As part of the Social, Personal and Health Education (SPHE) programme and the “Human Life Processes” strand of the Science Curriculum pupils in Gaelscoil Raifteirí are encouraged 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).

THE AIMS OF THIS POLICY ARE:

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.

FOOD HYGIENE AND SAFETY

In the interest of food hygiene and safety pupils are asked to:

- wash their hands before eating and after using toilet
- clear their table before eating and remain seated in their place while eating

LUNCH BREAKS

There are two lunch breaks over the course of the school day. The Department of Education stipulate the time given for break and lunch times. Small break is 15 min. Lunch break is 25 mins. Officially no additional time is allocated to children to eat, however it is good practice within our school to use discretionary time for eating. Therefore, parents are asked to be realistic about lunches, giving children lunch that they will eat and an appropriate amount.

1. Sos Beag – (15 mins) The children eat lunch after coming in from the yard
2. Lón (25 mins)–The children eat lunch before going to yard for big break.

- Drinks: safefood.eu guidelines suggest that water is the best choice.
- Swapping of food is not permitted.
- School staff will encourage healthy eating and children will be praised and encouraged in their efforts to eat healthily.
- Breakfast is considered the most important meal of the day. Ensuring that your child has a proper breakfast before school will greatly benefit him/her in their schoolwork.

FOOD GROUPS AND CHOICES

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). 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. A healthy lunch includes a piece of food from the bottom four shelves of the food pyramid (see Appendix 1).

To be nutritionally beneficial lunch should include one food from each of the main food groups:

- Fruit and vegetables – apple, banana, pear, cucumber, carrot etc
- Grain – bread (sandwiches), potatoes, scones, pitta, pasta, rice etc
- Dairy – milk, yogurt
- Protein - meat, fish, cheese, tofu, pulses, meat substitutes

PERMITTED HEALTH FOODS AND DRINKS

- Milk
- Water
- Juice
- All types of bread
- Scones
- Meat
- Fish
- Salad
- Fruit
- Vegetables
- Cheese
- Healthy yogurts

FOOD AND DRINKS NOT PERMITTED

- Fizzy drinks in cans or bottles
- Crisps including crisp-style snacks
- Popcorn
- Chewing gum
- Chocolate biscuits
- Cereal bars with Chocolate
- Sweets/Chocolate (except on special occasions)
- Lollipops
- Winders
- Yogurt with chocolate balls
- Nutella
- **All types of Nuts**
- **Foods containing nuts – because of the prevalence of nut allergies in our school, any foods containing nuts or traces of nuts are strictly forbidden.**

Occasionally the children may receive a sweet treat from staff, for example, at Christmas, Easter etc. We understand that children with allergies may not be able to accept these treats and having consulted with parents an alternative will be given to them.

GREEN FLAG SCHOOL

As we are a Green School the children are asked to:

- use paper lunch bags or reusable lunch boxes that are tightly sealed to avoid ruining books
- use reusable beakers/ drink containers
- not to bring in cans and glass – for safety reasons.
- take home all uneaten food and put only fruit peel into the compost bins (except during pandemic)

CHILDREN WITH MEDICAL CONDITIONS OR ALLERGIES

Parents/guardians of any child with a medical condition which requires a special diet **or** whose child has a food allergy should contact the school in writing with details.

A record (including photographs) of all children with underlying medical conditions and food allergies is kept in school. This record is reviewed annually.

It is the responsibility of the parents/guardians to ensure that all medications stored at the school are in date, labelled with the child's name and instructions for use.

Rinneadh athbhreithniú ar an bpolasaí seo i gcomhair le tuismitheoirí agus foireann na scoile. Bhí sé daingnithe ag an mBord Baiinistíochta ar an 29.3.22.

This policy was reviewed in consultation with parents and staff. It was ratified by the Board of Management on the 29.3.22

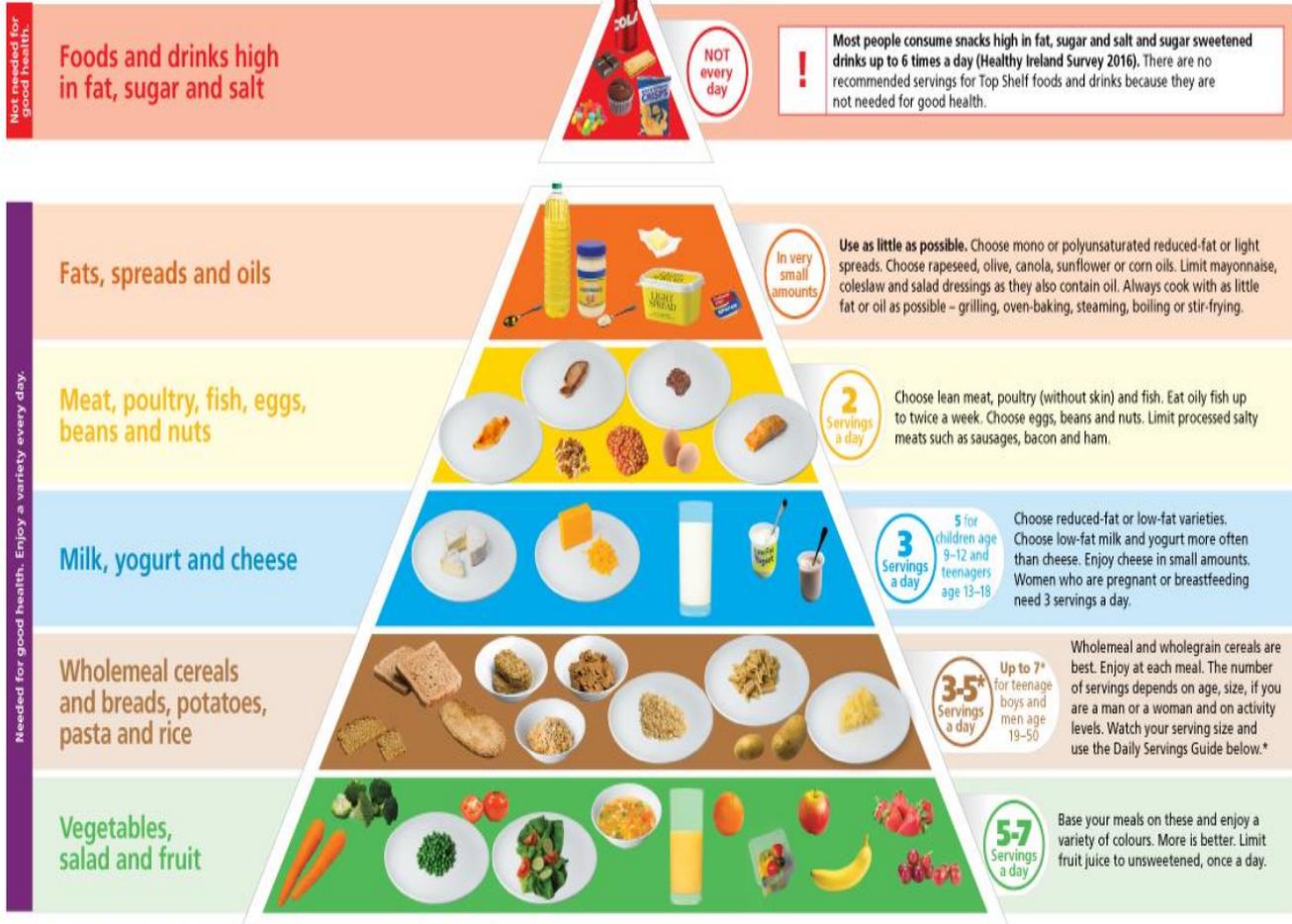
Sínithe: 

Dáta: 29.3.22

Cathaoirleach an Bhoird -Chairperson of BOM

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
	3-5	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.

Serving size guide

Cereals, cooked rice and pasta, and vegetables, salad and fruit Use a 200ml disposable plastic cup to guide serving size.	Cheese Use two thumbs, width and depth to guide serving size.	Meat, poultry, fish The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.	Reduced-fat spread Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.	Oils Use one teaspoon of oil per person when cooking or in salads.
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Average daily calorie needs for all foods and drinks for adults

Active 2000kcal	Inactive 1800kcal	Active 2500kcal	Inactive 2000kcal
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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.
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Source: Department of Health, December 2016.