



Saint Philip the Apostle Junior School Healthy Eating Policy

Rationale:

This policy has been developed to further the promotion of health in St Philip the Apostle Junior School. Research indicates a strong link between diet and performance. A healthy diet promotes concentration, protects teeth, lessens hyperactivity and reduces health risks in later life.

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. Lunch is an important meal for school-going children. We ask you to encourage a healthy lunch right from the start.

This healthy eating policy will become effective from October 2023

Aims:

The aims of the policy are to:

- Promote nutritional awareness amongst children and parents
- Positively affect healthy eating among school-age children
- Raise levels of concentration within class through the consumption of healthy food
- Support and encourage long-term healthy eating habits in children

The school is part of the Department of Educations Hot Meals programme. The weekly menu enables children to select a different hot food each day of the school week.

Each lunch, should, if possible, include a variety of foods from the bottom four shelves of the Food Pyramid. These are:

- Bread / Cereals
- Fruit and Vegetables
- Milk, Cheese and Yoghurt
- Meat, Chicken, Fish and Alternatives

We strongly recommend water or milk as a drink of choice. Filtered water is available to children at all times. Milk is also available to all classes.

If supplementing school lunches, parents are encouraged to provide children with healthy additions, which will help to maintain their level of concentration in the classroom throughout the day.



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Foods that are not allowed include:

- Sweets
- Bars
- Cereal bars
- Chewing gum
- Biscuits
- Cakes / buns
- Fruit winders
- Lollipops
- Crisps
- Any chocolate products
- Fizzy drinks
- Drinks in glass bottles
- Ready-made processed meals (for example “lunchables”)
- Nuts or any nut derivatives such as Nutella etc.

On treat days, parents may give treats to their own child. No ‘party bags’ should be sent into school to celebrate children’s birthday

Lunch Time Guidelines

Children will be asked not to swap lunches.

Children are not to share food utensils or drinks containers.

As we are trying to reduce the amount of waste in the school, we would encourage parents to try and reduce the amount of packaging in their child’s lunch box. We would greatly appreciate your co-operation with this matter. To ensure less wastage from the Hot Meals programme, we ask parents to cancel and/or review child’s lunch preferences on a regular basis.

Implementation

A meeting is held every year for incoming Junior Infants prior to entry whereby an introduction to the school Healthy Eating Policy is presented. Furthermore, every September/October, informational meetings for parents are held, and details of the school’s Healthy Eating Policy are shared and discussed.

If children bring prohibited food or drink into school they will be asked by the class teacher to bring it home. If children do not have anything else to eat, they will be provided with fruit, milk or sandwiches that are available in the school. If children persist in bringing unhealthy food to school the class teacher and principal will organise a meeting with their parents to remind them of the Healthy Eating Policy.

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



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Roles and Responsibilities

The SPHE Post Holder, Mrs. Fiona Hynes will co-ordinate the progress of the policy, encourage and accept feedback on its implementation. Each teacher is responsible for implementing this policy with his/her own class.

Role of the Board of Management

The Board of Management is supportive of the Post Holder, Mrs. Fiona Hynes, the Principal and the teachers in coordinating and monitoring a Healthy Eating Policy within the school. This policy will be reviewed on a regular basis.

Review

A review of the Healthy Eating Policy took place in October 2023. The policy was revised and updated. The policy was then reviewed and ratified by the Board of Management in October 2023. The next review of this policy will take place in or before October 2025 .

Signed:

Chairperson

Date: 03.10.2023

Signed:

Principal

Date: 03.10.2023



HEALTHY LUNCH BOX TO GROW, LEARN AND PLAY



Here are some ideas to help you prepare and pack a healthy nutritious school lunch.

DAY	DRINK	FRUIT	SANDWICH	TODAY'S TIPS
MONDAY				Try different breads such as pitta, bagels, granary and muffins
TUESDAY				Milk is the best drink for healthy bones
WEDNESDAY				Try a salad box with rice or pasta for a change
THURSDAY				Avoid fizzy and sugary drinks, they are bad for your teeth
FRIDAY				Yoghurts are a tasty snack and good for you too!

Drinks: Think before you drink! Milk and water are best or sugar free squash (one part squash to four parts water)

Fillings: Salads (eg. cucumber, tomato, apple) and relish can be added to give flavour.

Remember:

Convenience snacks are high in salt and additives and should not be eaten on a regular basis.

Encourage your child to make their own lunch. They will be more inclined to eat it if they had a part in making it!



Fóidheannacht na Seirbhíse Sláinte
Health Service Executive



FILLINGS FOR SANDWICHES

MONDAY		Lean ham, beef, pork lamb		Try to include some salad every day
TUESDAY		Cooked chicken or turkey		Carrot could be grated in a sandwich or chopped in sticks to eat on its own
WEDNESDAY		Tinned tuna or salmon		Sweetcorn goes great with tuna. Try it!
THURSDAY		Egg - hard boiled, sliced or mashed		Use spring onion, light mayonnaise or relish to add flavour
FRIDAY		Cheese - slices, cubes or cheese spreads		Cucumber can be added to the sandwich or eaten on its own

Baps and Breads

Wholemeal and wholegrain bread is best as it is higher in fibre than white.
Try rolls, baps, wraps, crispbreads, burger buns, crackers, scones.
Tip! Cut sandwiches in fingers, triangles or squares for a change.

Feeling Fruity?

Include fruit every day for lunch and break time.
Try banana, grapes, orange segments, plum, pear, apple slices, kiwi (cut in half and eaten with a spoon).
Tip: Squeeze lemon juice over sliced apple, pear or banana to prevent from going brown.

Dairy Delights

Include something from the milk group at every lunch.
Milk to drink, yogurt as a snack, cheese in a sandwich.
Tip! For variety try cheese slices, cubes, triangles or grated cheese.



Add any of these - cold rice, cold pasta, grated or sliced raw carrot, lettuce, tomato, cucumber, celery, peppers, cheese, egg, tuna, slice of ham, chicken pieces.