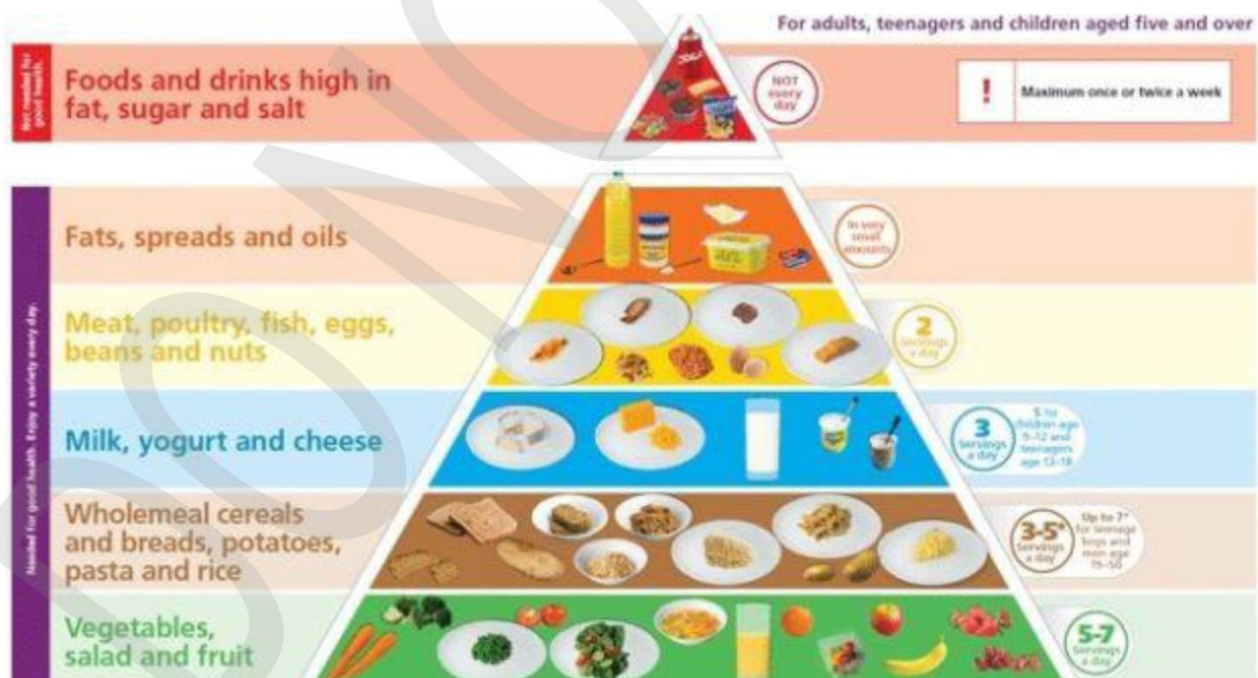


School Food Policy

St. Canice's N.S.,
Rosbercon,
New Ross,
Co. Wexford.



Introduction:

St. Canice's N.S. is a Health Promoting and Active School and consequently we strive to promote the health and well-being of our pupils.

This policy was prepared by a working group with representatives of the parents, pupils and teachers. A draft was then emailed to all parents.

An audit of the approach to food and drink in St. Canice's was carried out by the Health Promoting School Team in Autumn 2016. Following surveys carried out, many Parents / Guardians, Students and Staff highlighted the need to improve Healthy Eating in our school.

A pupil lunch box survey was undertaken and all staff (teaching and non-teaching) and pupils completed a consultation questionnaire re developing a whole school food policy. Suggestions were invited from parents / guardians.

Rationale:

There is an important connection between a healthy diet and a pupil's ability to learn effectively. Eating healthily results in improvements in concentration and behaviour. This in turn assists pupils in achieving their full potential.

A Whole School Food Policy supports the role of parents / guardians in promoting a healthy lifestyle for their child.

Aims:

Through the promotion of healthy eating, St. Canice's N.S. aims to:

- Improve the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- Present consistent informed messages about healthy eating within school and encourage pupils to make wise choices about food and nutrition.
- To encourage pupils to eat a healthy lunch.
- To raise levels of pupils' concentration within class due to consumption of healthy food.
- Promote fitness through the Active Flag and P.E. Programme.
- Promote Litter Awareness and Environmental Awareness through our Green Flag Programme.

St. Canice's N.S. will work towards these aims with the Health Promoting School Committee, Parents / Guardians, Teachers and Health Professionals.

Guidelines:**A Healthy Lunch:**

We encourage all members of the school community to bring a healthy lunch daily.

- A healthy lunch is defined as something taken from each of the bottom four shelves of the food pyramid, which is in line with the Department of Health directive on Healthy Eating. (The Food Pyramid is at the front of this policy). Posters of the Food Pyramid

are displayed in school and are available to order or download from www.hse.ie.

Ideally, there should be something in the lunch box from:

1. Fruit and Vegetable group – Some typical choices are a whole fruit, a salad or cooked/raw vegetables.
2. Cereal group – Foods such as bread, rice, pasta or pitta bread.
3. Dairy group – Milk, cheese or yoghurt.
4. Protein-rich food – Meat, chicken, fish, egg, beans, peas, lentils or cheese.

The HSE website (www.hse.ie) gives lots of ideas for healthy lunches.

* Please note: We encourage Water and / or Milk as the drink of choice. Milk is available through the School Milk Scheme.

The following foods are not allowed at any time:

Fizzy drinks, sports drinks, Chewing gum, lollipops, Crisps.

Re. Common Allergens:

Parent(s) / Guardian(s) of a pupil with a serious allergy are to inform the school. Upon medical advice, the school will immediately review the policy and ban such allergens if needed.

Treats on Fridays:

A small treat from the top shelf of the food pyramid is allowed on Fridays, or at end of term parties / special occasions determined by the school.

Parents / Guardians:

We encourage all parents / guardians to support the policy as best they can in the interest of their own child's health, nutrition and the benefits of healthy eating.

It is important that pupils have a good breakfast each morning as this aids concentration and helps pupils to remain alert during class.

Parents will be made aware of any changes to the food policy.

A copy of the School Food Policy will be included as part of the enrolment pack for new pupils enrolling at St. Canice's N.S. and will be on view in school.

Success Criteria:

We will know that the School Food Policy is effective if there is a general ethos in the school around healthy eating and good food habits.

Timeframe for Implementation:

The School Food Policy will be fully implemented by September 2017.

Timeframe for Review:

The School Food Policy will initially be reviewed annually or as the need arises.

Ratification by the Board of Management

This policy was presented to, considered and adopted by the Board of Management at its meeting of _____.

Copies of the policy are available from the Principal.

Signed by the Chairperson: _____

Date: _____

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