



**Scoil Náisiúnta
Baile Átha Cliath 7
Ag Foghlaim le Chéile**

**Dublin 7 Educate Together
National School**

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Educate Together
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Healthy Eating Policy

April 2022

Roll number: 20131D

School Patron: Educate Together



This document is intended to provide details of the main policies of Dublin 7 Educate Together National School (D7ETNS) relating to Healthy Eating. It is intended to help the school community, including staff, parents, guardians and other relevant parties to understand the environment and approach of the school. This document is regularly reviewed. All feedback is encouraged and welcome.

Date	Description	Authors
2007	Formulation of policy	Sub-committee of the BOM comprising of teachers and parents and with the input of Mary Keogan, Consultant Immunologist, Beaumont Hospital
November 2013	Review and amendments made to existing policy	Board of Management
February 2022	Review and amendments made to existing policy	Teachers, Parents, Board of Management and Student Council members

Introductory Statement

The Healthy Eating Policy should be read in conjunction with other relevant policies – Health and Safety Policy and Administration of Medications Policy – and with the school information booklet.

Rationale

Our school setting provides an excellent health promotion avenue, reaching a large section of the community: children, families and teachers. The policy is intended as a guide to healthy and safe eating for the school.

Aims

The aims of the policy are to:

- Promote nutrition awareness
- Positively affect healthy eating among school-age children
- Raise levels of concentration within class through the consumption of healthy food
- Support and encourage healthy eating habits in children, which is hoped will become lifelong habits
- Provide members of staff, parents and those involved in school activities with clear information
- Protect the health and safety of children with serious food allergies.

Content

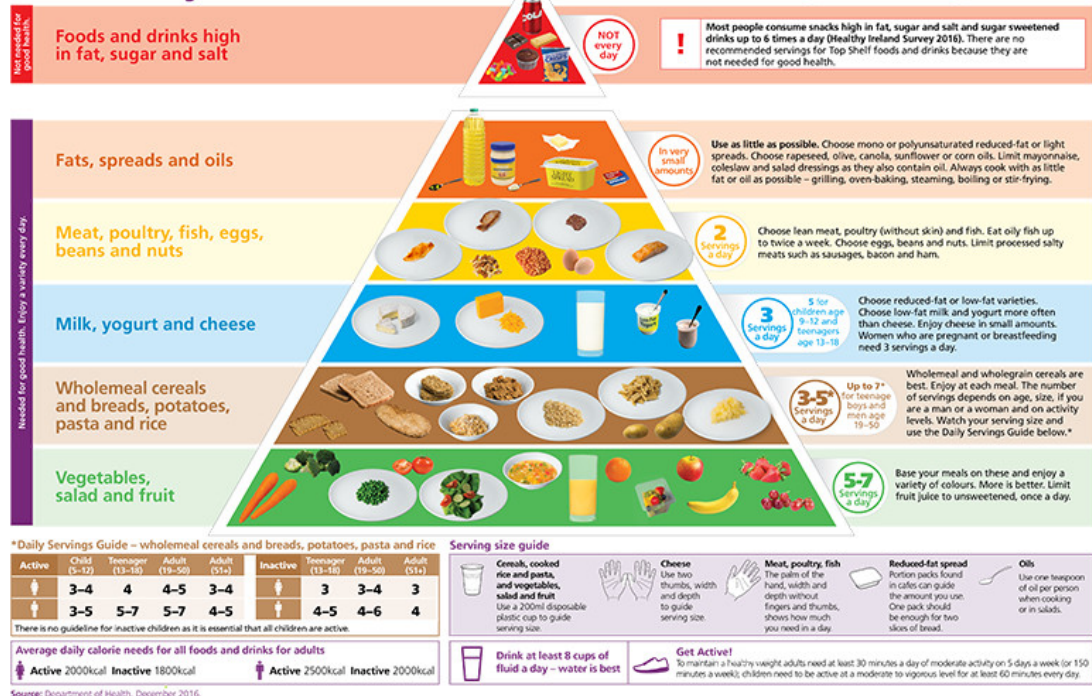
1. Healthy Lunch

Parents/guardians are encouraged to provide children with a healthy lunch, which helps to maintain their level of concentration in the classroom throughout the day. A healthy lunch should, if possible, include a variety of foods from the bottom four shelves of the Food Pyramid. These are:

- fruit, fruit juice and vegetables
- bread cereals
- milk, cheese and yogurt
- meat, chicken, fish and alternatives

A healthy lunch might be a ham, cheese or tuna sandwich, yogurt, some fruit and a drink of water.

The Food Pyramid



2. Treats

In order to encourage healthy, balanced eating habits among children in school, the following foods are only allowed on treat days:

- crisps
- sweets
- bars
- chocolate

As there is a high risk burns and scalds, please do not include hot drinks as part of a child's lunch.

Fizzy drinks are never allowed in school.

On a treat day, as determined by the school, parents/guardians may give treats to their own child and teachers may give treats to their own class. These are special occasions such as:

- End of term parties
- Halloween
- School tours
- On a child's birthday, if desired by a parent / guardian, the child may bring in a treat as part of their lunch, for themselves only.

As a general principle, children are not given treats as rewards.

It is important to remember that the guidelines about sharing in section 3 and allergy restrictions in section 4, apply on treat day.

3. Lunch Time Guidelines

In order to promote the health and safety of all children in the school and prevent the spread of infection, guidelines for eating at lunch and break times are necessary. These are essential and therefore mandatory:

- Children are not to share food or drink.
- Children are not to share food utensils or drinks containers.

We would also encourage that:

- All containers are labelled with the child's name
- As far as practicable, lunches are eaten in one place within the classroom.

It is important to note that the health and safety of children with serious allergies will take precedence over other issues. It may, therefore, be necessary to introduce additional precautions or restrictions in classes in which some children have serious allergies.

4. Allergies

D7ET is a Nut-Free school.

In order to protect children who have serious food allergies, the whole school community will work together to implement age appropriate, responsible measures to minimise the risk of an allergic reaction. All children in the school will be made aware of the implications of food allergies and how they can assist in preventing allergic reactions.

If your child has a serious food allergy, as parents/guardians you must notify the school and fill in relevant documentation as per Administration of Medications policy.

Implementation

If children bring prohibited food or drink into school they will be asked by the class teacher to bring it home, as it is not allowed.

If children do not have anything else to eat, they will be provided with fruit and sandwiches that are almost always 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/guardians to remind them of the Healthy Eating Policy.

Roles and Responsibilities

Parents/guardians have a responsibility to provide healthy lunches.

Children have a responsibility to eat their own lunch and not share or trade food, drink or treats with others.

Staff have a responsibility to provide a good example through their own healthy eating habits.

The whole school community - staff, parents / guardians and children – will work together to promote the progress of this policy. All are encouraged to discuss and provide feedback on its performance, which will be reported back as appropriate to the principal and staff.

The overall performance of the policy will be regularly monitored and evaluated.

Success Criteria

We will know if the policy is effective by

- Observing what children have for lunch and during other break times
- The feedback from parents/guardians and school staff
- The level of concentration and performance of children in the classroom

Timeframe for implementation

January 2022

Timeframe for review

January 2024

Ratification and Communication

The BOM originally ratified the policy at its meeting in March 2007, after it had been drafted, circulated and amended. It was reviewed in November 2013 and 2022 with only minor changes.

The policy is available to all staff, children and parents on the school website. It will be promoted in school as part of the SPHE policy and its importance will be stressed in communication with parents.

Useful Information:

The Health Promotion Unit provides information on food and nutrition for children and is available to download at: www.healthpromotion.ie.

The Irish Nutrition and Dietetic Institute has a vast amount of information on nutrition and diet and have suggestions on what to include in school lunch boxes: www.indi.ie.

This policy was adopted by the Board of Management in April 2022

Signed:

A handwritten signature in black ink that reads "Kounala McHugh". The signature is written in a cursive style with a large, prominent 'K' and 'M'.

Principal

Signed:

A handwritten signature in black ink that reads "Mary Meaney". The signature is written in a cursive style with a large, prominent 'M' and 'M'.

Chairperson of Board of Management