

St. Brendan's Primary School &  
Mercy Primary School

Birr

Co. Offaly

**HEALTHY**

**EATING POLICY**

## **Healthy Eating Policy**

### **Introductory Statement:**

This policy was formulated in conjunction with our Code of Behaviour. This process involved the Board of Management, Staff, Parents and pupils.

### **Rationale:**

This policy was deemed a necessary part of school life as it was felt that:

- The current eating habits of the children needed to be improved.
- To develop an awareness in pupils that eating habits formed in childhood can influence their health and wellbeing throughout their lives.
- To fulfil the objectives of the SPHE Curriculum in relation to Healthy Eating in Term 1.
- To facilitate improved concentration and learning.

### **Relationship to Characteristic Spirit of the School:**

Our Mission Statement encourages commitment to the holistic development of the children under our care. We feel this also embraces the children's food and nutritional habits, as healthy eating will ultimately lead to the child enjoying a more active and healthy lifestyle. This will also lead to improved standards of concentration and learning among pupils. We have been awarded Green Flags and through our healthy eating policy, we also aim to reduce litter and encourage recycling, for example, providing reusable drinking bottles for water as provided by our lunch suppliers and taking home eaten and uneaten lunch packaging and food products.

## **Aims:**

The aims of our Healthy Eating Policy are as follows:

- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration within class due to consumption of healthy food.
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc.

## **School Lunches:**

A yearly application is made to the Department of Social Protection for funding to provide a healthy snack and a nutritious lunch to every student in our schools. On successful application the schools, HSCL, parents association nominee meet with different lunch providers to ascertain the best and most suitable one for our schools. This is reviewed every two years.

The schools feel that the lunch options provided are both healthy and substantial enough for all of our primary school children.

Parents can supplement the lunches with a healthy snack if necessary.

At present (2017/18) Glanmore Foods are our lunch providers.

**“Glanmore Foods supply Award Winning Healthy Food to over 300 Schools daily and 38,000+ Children across Ireland...”**

We are a family owned Irish business based in Blanchardstown Dublin. We operate from a custom built, state of the art food manufacturing plant, including our very own onsite bakery. Glanmore Foods supplies award winning healthy lunches to both Primary and Secondary Schools throughout the country. We are a proud member of Guaranteed Irish. All sandwiches/rolls etc. are prepared fresh daily. We cook and pack fresh pasta and also wash, slice and pack all of our fresh sliced fruits each day. We are an award winning member of Excellence Ireland Quality Association. We are also a proud

member of Guaranteed Irish. We hold many prestigious contracts, Co. Dublin VEC, Dublin Corporation/Co. Council and Bord Bia.



John Mooney | Managing Director”

(Taken from the Glanmore Foods homepage)

More information is available on [www.glanmore.ie](http://www.glanmore.ie) along with sample menus and nutritional information.

Both schools encourage parents and students to avail of these lunches as they are healthy and nutritious and fall in line with our Healthy Eating Policy.

### **Guidelines:**

The following foods are not allowed:

- Fizzy drinks
- Bars: Chewy/chocolate/all cereal bars.
- Crisps
- Sweets
- Chewing Gum
- Processed lunches eg. Dairylea Lunchables
- Convenience foods eg. Hot filled rolls, Sausage Rolls etc

At the end of each term, teachers may allow children to bring treats to school or give treats in class.

***Children are encouraged to consume the following foods:***

- School lunches provided
  - Fruit
  - Sandwiches with healthy filling eg. Cheese, cold meat, tuna, salad
  - Healthy Yoghurt
  - Healthy drinks eg. Water and milk.
  - Plain or salted popcorn only.
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- Healthy Eating forms part of our In-Class Rules.
  - The children will continue to learn about food as part of their SPHE programme and will be encouraged to follow nutritional practices from the appropriate strands.
  - Curriculum Support: From time to time, outside speaker may be invited into school to speak about and support healthy eating.
  - Parent baking classes will continue to run monthly as part of the HSCL scheme where parents are educated about healthy dinners for their children.
  - On occasion, the school will reward classes/groups with treats. The school will endeavor to minimize these and to adhere to the Healthy Eating Policy as far as possible.

**Success Criteria:**

Class teachers and principal will monitor lunches and inform parents of any deviation from the healthy eating policy.

### **Roles and Responsibilities:**

All teaching staff will co-ordinate the progress of the policy, encourage and accept feedback on its implementation. This policy will be evaluated at the end of every school year and amendments recorded.

### **Timeframe for Implementation:**

This policy was developed in January 2018 to be fully implemented from Feb/March 2018.

### **Timeframe for Review:**

Our Healthy Eating Policy will be review at the end of every school year and amendments recorded.

### **Responsibility for Review:**

The following groups will contribute and influence its review:

- Staff
- Pupils
- Parents
- BOM/DES/Others
- HSCL

### **Ratification and Communication:**

The Board of Managements ratified this policy.

It was communicated to the parents on the enrolment of the child and via the school website and to all the relevant parties.