



Clogheen Kerry Pike NS

Kerry Pike. Cork.

office@ckpns.ie

www.ckpns.ie

Annette Golden, Principal

Tel: 021 4873241

Policy Summary Details:

Policy Title	Healthy Eating Policy
Written/Adopted Date:	January – May 2024
Written by:	Staff
Date Shared with Staff:	Discussed with staff in May 2024
Date Ratified:	March 2025
Review Date	

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme at Clogheen/KerryPike N.S, we encourage the children to become more aware of the need for healthy food in their lunch boxes. Two teachers attended a course on Wellbeing Through Healthy Eating Policy Development with the HSE in November 2023. This policy was written using knowledge gained from this course and shared with staff. Through full staff discussion and collaboration, consensus was reached to formulate this policy.

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 a good habit of eating healthy food in school
3. 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.

Lunch Breaks - There are two lunch breaks over the course of the school day.

1. Sos Beag –Fruit/Vegetable break. Accommodations will be made for children with a sensitivity/ intolerance/ allergy to fruits/vegetables after consultation with the class teacher.
2. Lón –The children eat lunch before going to yard for 20 minutes at big break. Our school is in receipt of Department funded, Hot food, which provides a hot lunch each day for all the children in the school.

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. Our school has a healthy lunch policy and the following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

Bread & Alternatives	Savouries
Bread or rolls, preferably wholemeal	Lean Meat
Rice – wholegrain	Chicken/Turkey
Pasta – wholegrain	Cheese
Potato Salad	Quiche
Wholemeal Scones	Pizza
Bread sticks	
Crackers	
Pitta bread	

Fruit & Vegetables	Drinks
Apples, Banana, Peach Mandarins, Orange segments Fruit Salad, dried fruit Plum, Pineapple cubes Grapes (cut in half) Cucumber, Sweetcorn Tomato Coleslaw	Milk Water

Water

We always encourage children to drink water and may drink water at intervals during the day.

The following is a list of foods and drinks are not allowed

- We are a peanut and nut free school
- Foods containing nuts - Because of the prevalence of nut allergies in our school, any foods containing nuts or traces of nuts are strictly forbidden.
- Popcorn
- Due to allergies the school cannot accept food/treats/party bags or cakes.
- Crisps (including crisp-style snacks)
- Sweets
- Biscuits/bars
- Cereal bars with chocolate
- Chewing gum
- Fruit winders
- Lollipops
- Fizzy drinks (including fizzy fruit-flavoured water, juices, energy drinks, etc)

Frubes are discouraged as to open they are difficult to open and often spill

* 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.

A very simple approach to healthy eating is to use the Food Pyramid:

Fats, Sugars, Sweets	Sparingly
Meat, Fish, Peas, Beans	2 portions per day
Milk, Cheese, Yoghurts	3 + portions per day
Fruit and Vegetables	6+ portions per day
Bread, Cereals and Potatoes	4+ portions per day

Green Flag School

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

- use paper lunch bags or reusable lunch boxes
- use reusable beakers/ drink containers
- not to use cling film or tinfoil
- not to bring in cans and glass – for safety reasons.
- take home all uneaten food and put only fruit peel into the compost bins

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 at the school. This record is reviewed annually.

At the beginning of each school year an email is sent to all parents/guardians informing them of any child/children in their child's class with a specific food intolerance or allergy. Parents will be asked to exclude these food items from their child's lunch boxes.

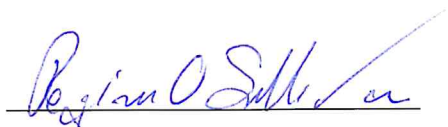
It is the responsibility of the parents/guardians to ensure that all medications stored at the school are in date, labelled with the child's name and instructions for use as per our Administration of Medication Policy on our website.

Implementation

This policy was devised with full staff collaboration over a number of months at staff meetings and with the help of training received by two staff members.

It was communicated to the Parents Association on Thursday 20th March 2025 for review. A final draft was emailed to all staff on 20th March 2025 for review.

Ratified by



Regina O'Sullivan

Single Manager

Date: 4/4/25.