

Kilanerin Primary School: Healthy Lunch Policy

Introduction

The staff of Kilanerin Primary School agrees that a healthy lunch policy is necessary, if the personal and educational goals of the school are to be achieved. The policy was developed in response to parents' encouragement and with the support of the Health Promotion Department of The South Eastern Health Board.

Rationale

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). A balanced diet will enhance a child's chances of achieving his/her potential.

Secondly, the cultivation of healthy eating habits and awareness of food value is part of the Social Personal and Health Education Curriculum aims.

Aims of the Policy

- To ensure every child brings a lunch.
- To promote healthy eating habits among the children.
- To cut out crisps, fizzy drinks, chewing gum.
- To raise awareness of the food groups and nutrition.
- To meet parents wishes regarding the value of good food.
- To reduce junk food content consumed in school.
- To reduce litter in the schoolyard.
- To promote a healthy school

Guidelines for Healthy Lunches

The most effective way to plan a healthy lunch is to include one food from each of the food groups - one piece of fruit, milk/yoghurt, two slices of bread and meat / poultry /cheese.

A A healthy packed lunch should contain at least one item from all categories 1) 2) 3) and 4) below

1) *bread or alternatives*

- Bread or rolls, preferably wholemeal
- Rice – wholegrain
- Pasta – wholegrain
- Potato Salad
- Wholemeal Scones

2) *a savoury filling which provides protein:*

- Lean Meat.
- Chicken/Turkey.
- Tinned Fish e.g., tuna/sardines.
- Cheese, including Edam, blarney, cottage.
- Quiche.
- Pizza.

3) *a portion of fresh fruit and vegetables*

- Apples, Banana, Peach, Plum, Pineapple cubes, Mandarins, Orange segments, Grapes, Fruit Salad, Dried fruit, Tomato, Cucumber

4) *a drink:*

- Milk, including low fat
- Fruit juices
- High juice Squashes, i.e., low sugar content
- Homemade soup (use Bovril occasionally as it is salty)
- Yogurt

B Please do not give your child **convenience foods** like crisps, biscuits and sweets.

C Crisps, and fizzy drinks are banned on all days.

D A treat is allowed on Friday as part of lunch but not as a replacement for it.

E The children are given time to have their lunch in the classroom **before** breaks

F **Chewing** gum is not allowed in the school.

G From time to time the school distributes information from the Health Board and participates in Health Promotion activities poster/ poetry competitions etc.

H Occasionally an expert may be invited to speak to the children.

I Children are asked to take home litter. The school composts organic waste.

Roles and Responsibility

Parents have a roll in providing a healthy lunch and in communicating relevant dietary requirements to the child's teacher e.g., diabetics

The **Class Teacher's** roll is to encourage by highlighting the positive aspects of individual lunches in the classroom and impart knowledge as part of the S.P.H.E. curriculum.

The **Principal's** roll is to monitor the policy and to review feedback from staff the Board of Management and parents.

Success Criteria

Pupils may show knowledge of healthy / unhealthy foods

More pupils will have healthy lunches.

There will be no crisps or gum in school.

There will be less litter in the classrooms and schoolyard.

The school staff looks forward to your cooperation in implementing this policy.

Mary C. Byrne

(Principal)