

## Promotion of Healthy Food and Lifestyle Choices Policy



Scoil Náisiúnta Mhuire, Ballyboden, Dublin 16.

### **Introduction:**

In Scoil Mhuire, Ballyboden we aim to promote the well-being of our pupils by encouraging them to make healthier food and lifestyle choices.

The board of management has drawn up this policy document in collaboration with the staff of our school and in consultation with our pupils and our parent body.

### **Rational:**

The board of management and teachers at Scoil Mhuire have drawn up this policy document to assist the staff of Scoil Mhuire in the development of healthier nutrition and activity habits among our students. These habits if learned young and maintained will be a key factor in maintaining good health and well-being in later life as teenagers, young adults and beyond.

Many of the choices made for and by children today will influence their health in the future. One decision made every day involves the choice and preparation of meals, particularly school lunches. Healthy eating habits started in childhood will stay with children forever and influence positively their chances of a healthier life.

Children grow and develop at a fast rate. Therefore they need a high quality diet which contains adequate energy, proteins, vitamins, minerals and fibre. Healthy well balanced lunches will ensure that children have the nutrition they need to develop physically, be healthy and have the energy required to engage in learning.

### **How we at Scoil Mhuire promote healthier choices:**

- Good example / Modelling expected behaviours
- Healthy lunch policy and suggesting alternatives to unhealthy/high sugar/fat content foods
- Participation in initiatives such as Food Dudes, health monitoring and growing our own vegetables/school vegetable patch
- Health Education in the curriculum for SPHE
- Physical Education including sport and fitness
- Busy breaks
- Providing for activity based learning
- Providing for after school activities

### **List of foods that we at Scoil Mhuire ban from school lunches:**

- High sugar content foods such as chocolate and sweets
- High sugar content drinks
- Carbonated drinks
- High fat content foods such as potato crisps
- Chewing gum
- Drinks containing artificial food colouring and added sugar

### **Foods that we at Scoil Mhuire recommend for school lunches:**

- |                                 |               |
|---------------------------------|---------------|
| → Sandwiches                    | → Salads      |
| → Fruit juices (no added sugar) | → Raisins     |
| → Cheese                        | → Cereal bars |
| → Water                         | → Popcorn     |
| → Fruit and raw vegetables      | → Yoghurt     |
| → Rice                          | → Pasta       |

### **Friday treats, Birthday Parties, Video Parties and end of term celebrations:**

Children will be allowed to bring a treat consisting of small bar or biscuit of their choice on Fridays as part of their lunch.

In keeping with our school's healthy food policy the board strongly discourages birthday parties for children during the school day in our classrooms.

Food and drinks provided at video parties, end of term celebrations and other such treats organized by class teachers should be in keeping with this policy.

### **Review**

The policy will be reviewed regularly in the light of experience. It will be reviewed by the full staff and Board of Management at least every five years. Any staff member, board member, parent, guardian or student who is unhappy with the content or the implementation of any school policy may request a review at any time and such a request will be dealt with as quickly as possible. Next review of this policy will occur as stated below.

### **Publication**

This policy will be made available to parents / guardians at the time of application for enrolment and by request at any time from the office. This policy will be available on the school's website for public access and on the schools' intranet in the public section of the server for staff members to access.

### **Ratified by Board of Management on:**

Date:

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3<sup>rd</sup> March 2021

### **The board undertakes to review this policy again before the end of December 2022**

On behalf of the Board of Management

### **Signed:**

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*Chairperson, Board of Management  
Fr. John Hughes, OSA*

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*Principal,  
Mr. Owen McLoughlin*