



ST. JOSEPH'S CO-ED. PRIMARY SCHOOL, EAST WALL, DUBLIN 3

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Healthy Eating Policy

Mission Statement

To promote lifelong education of healthy eating for mind and body.

Objectives/Aims

- To help children improve concentration, learning and energy levels.
- To support parents and children in making healthy, enjoyable decisions around food.
- To promote education on healthy eating and diet through the Social, Personal and Health Education (SPHE) curriculum.
- To support the school's environmental policy – reusable containers, minimise wrappers.
- To protect the health and safety of children with serious food allergies.

Policy

St Joseph's Co-Ed. Primary School encourages healthy eating practices during the school day. In order to achieve this, the following measures are taken as policy and must be enforced by all staff.

SPHE and Curriculum

Teachers will ensure that they cover the full SPHE curriculum each year. All classes from Junior Infants to 6th Class will learn about healthy eating through SPHE and other subjects in the curriculum.

Allergies

In order to protect children with allergies, the school must enforce the banning of certain food items. Information is sent to families when this occurs. For example, if a child has a serious peanut allergy, peanuts and all peanut products are banned from the school.

Banned Foods

In order to ensure children are able to concentrate fully in class and to ensure the health and safety of children in the school, the following food/drink items are banned at St Joseph's Co-Ed. Primary School:

Any food item containing nuts or nut traces.

- Fizzy (carbonated) drinks
- Drinks containing stimulants, e.g. energy drinks, coffee
- Any drinks in glass bottles
- Bags of sweets
- Full size bars of Chocolate (fun-size/snack-size is acceptable for an occasional treat)
- Bags of crisps
- Chewing / Bubble gum
- Full size packets of Biscuits (2/3 individually wrapped biscuits or individual snack size packets are acceptable for an occasional treat)
- Sweets that are a choking risk, e.g. gobstoppers, lollipops, etc.

Children who bring these items into school will be asked to leave them in their schoolbags to bring home. Items will not be taken by a teacher permanently but may be confiscated until the end of the school day. However, it is the child's responsibility to remember to bring home any item that has been confiscated.

Rewards and Other Exceptions to the Policy above

Staff will not give children sweets or chocolate as a reward, in general. However, occasionally treats may be given in school at the teacher's discretion depending on individual behaviour plans, special educational needs, etc. In these situations, parents will be involved in the planning. The teacher will exercise subtlety when rewarding children as younger children may not understand the nature of these exceptions.

Occasionally, the teacher may hold a class party in their classroom. As these situations are not a regular occurrence in classes, an exception is made to the policy. However, children will be encouraged not to bring in an excessive amount of banned foods.

After school clubs are not covered by this policy as they are a choice made by individual families. Therefore, the school does not take any responsibility for any banned items being given in these classes. However, the clubs will be informed of the policy.

The school often hosts events through its staff, parents' council and student council. Many of these events will offer biscuits, cakes, etc. to attendees. There are also some other events that take place, e.g. Cake Sales, where food from the banned items may be served. Again, as these events are not regular occurrences, they are exceptions to the policy.

Staff, Parents and other adults using the school

This policy does not affect any adult using the school premises. The school recognises that adults are themselves responsible for any food and drinks they consume. The school discourages adults from eating banned items in front of their class.

Guidelines

Whilst the school can enforce certain measures, the school has to recognise the right of the parent/guardian as the primary educator of the child. This extends to choosing the items that go into lunchboxes.

The following guidelines should help any parents/guardians who are looking for assistance in choosing healthy options.

School Lunches

There are many types of healthy lunchboxes. The school utilises the services of Glanmore, who provide a healthy lunch for children every day. This lunch is funded and completely free and families can sign up to receive a lunch at the start of each term.

Glanmore's lunches may contain:

- A sandwich, wrap, roll or similar item
- A non-fizzy drink, usually water
- A piece of fruit

Sometimes the lunch may also contain yoghurt, a small bun or another item.

Home-prepared Lunches

Some families choose to prepare lunch for their children at home. The following is a list of items that might help with packing a lunch box.

There is also a list circulated of items which are allowed when lunches are brought in from home.

- A sandwich, wrap or other bread-based item with a filling of your choice
- A salad, which might contain pasta, rice, quinoa, couscous or another carbohydrate
- Leftover dinner (please note the school cannot reheat food for health and safety reasons)
- A drink – water or milk
- Healthy snacks could include fruit, yoghurt, fromage frais, crackers, breadsticks, vegetable sticks, etc.

Promotion of Policy

Parents and staff will promote the policy throughout the school.

Roles and Responsibility

The Board of Management will monitor the progress of the policy, encourage and accept feedback on its implementation. Staff, parents and pupils will ensure that the policy is implemented and will feed back to the Board of Management through the principal.

Timeframe for Review

Representatives from pupils, parents and teachers will be involved in the review, which will occur on an annual basis.

Ratification and Communication

The Board of Management ratified the policy on_____.

The policy will be communicated through the school welcome pack for the incoming students and through our **Healthy Eating Week in November**. It will be available in the school office on request.