

Donabate-Portrane



Educate Together

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Healthy Eating Policy

Mission Statement

Donabate Portrane Educate Together National School (DPETNS) aims through this policy to help our whole school community, children, staff and parents, develop positive and responsible attitudes to food and nutrition and to appreciate the benefits that healthy food habits make to overall physical health, mental health and wellbeing.

Rationale and Aims

At DPETNS we recognise the importance of a healthy lifestyle and diet. The main objective of this policy is, in conjunction with the curriculum subjects SPHE (Social, Personal and Health Education), Science and the Learn Together Programme, to promote nutritional awareness and positively affect food and drink choices within our school community.

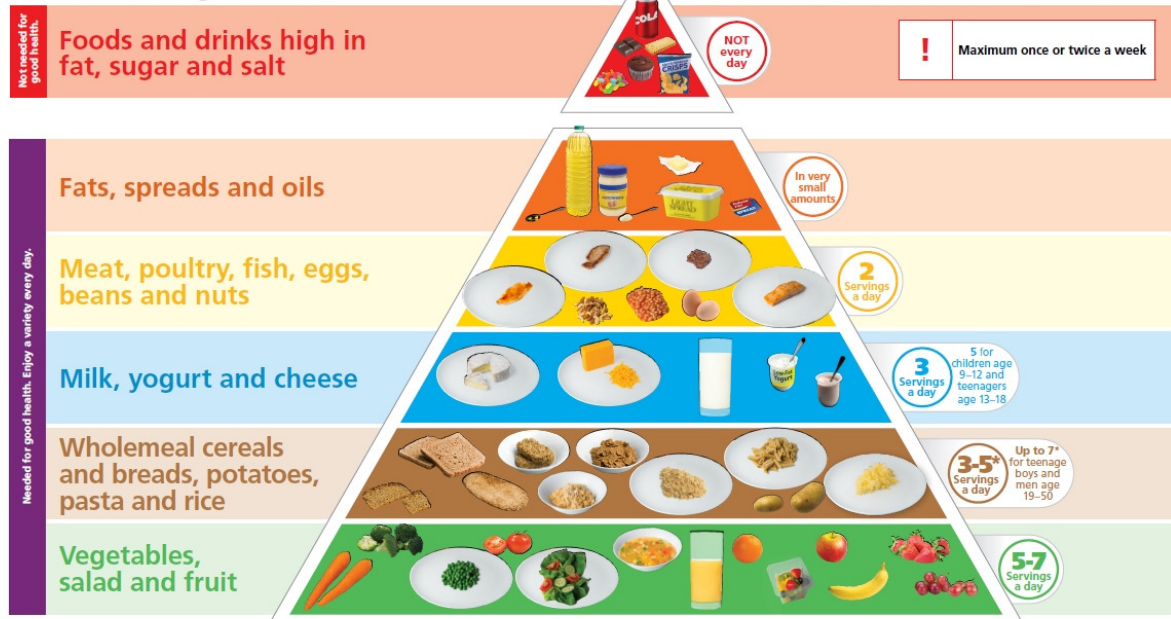
In order to provide a clear message and also to give information and support to parents, children and staff, we have developed two documents; this policy document and a supporting document with lunchtime ideas and extra nutritional information. Both documents have been developed in consultation with the children, parents and staff of the school and have been approved by the PTA and the Board of Management.

Healthy Eating in DPETNS

- The revised food pyramid has been used in developing this policy and is a key tool in communicating healthy food messages. The Food Pyramid encourages us to avoid foods high in fat, salt and sugar and to eat more fruit and vegetables. It also provides a guide to correct portion size. More information can be found at www.healthyireland.ie

The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
3-5	5-7	5-7	4-5	4-5	4-6	4		

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week), children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.

- It is very important for children's energy and concentration levels that they eat a healthy breakfast before coming to school.
- Children will normally have two breaks for food during the school day, at 10.20 and again at 12.25.
- A healthy lunchbox includes a piece of food from each of the bottom four shelves of the Food Pyramid;
 - ✓ Fruit/salad/vegetables - enjoy a variety of colours and limit fruit juice to unsweetened once a day
 - ✓ Bread/pasta/rice - wholemeal and wholegrain varieties are best
 - ✓ Milk/cheese/yoghurt
 - ✓ Meat/fish/eggs - choose lean meat and limit processed, salty meats. Choose oily fish like salmon.
- Children may bring a small item from the top shelf of the Food Pyramid to school on Fridays or on special occasions as agreed by the Principal and school staff. However these foods are not considered healthy options and should not be included on a daily basis in your child's lunchbox;
 - ✗ Crisps
 - ✗ Sweets
 - ✗ Biscuits
 - ✗ Cereal bars

- × Cake
 - × Muffins
 - × Pastries
 - × Croissants
 - × Sausage rolls
 - × Lollipops
 - × Fruit winders
 - × Chocolate and chocolate products
 - × Mousses
 - × Fizzy drinks
 - × Chocolate covered rice cakes
- ✓ Please see the supporting document for ideas about what can be included.
- Due to severe allergies, nuts and nut products (including nut butters, baked goods with nut ingredients and chocolate spreads) are banned throughout the school.
 - Chewing gum is also banned.
 - Staff will support the Healthy Eating Policy and will not offer food to children as rewards or prizes.
 - In the interest of fairness and for allergy and religious as well as health reasons, **cakes, buns, sweets, chocolate or other treats sent to school for birthday celebrations will not be distributed.**
 - Parents of children with specific dietary requirements and/or food allergies should speak directly to their child's class teacher.
 - In support of our Green School initiatives we encourage reusable food and drink containers and all waste materials are brought home.

Suitable drinks for children

- Drinks should always be included in a packed lunch. Extra water should be included on PE days and in warmer weather.
- Water and milk are the most suitable drinks for children. Children are encouraged to drink water throughout the school day.
- Unsweetened fruit juices and smoothies, "tooth kind" drinks, yoghurt drinks and diluted squashes are allowed at lunch times.

Education measures

- All children will receive lessons on healthy eating through SPHE, Science and the Learn Together Programme.
- Parents/Guardians of incoming Junior Infants and new children to the school will be informed about the Healthy Eating Policy.
- Staff will remind parents/guardians of the policy at Acquaintance Meetings and as needed throughout the year.

Review and Evaluation

- This policy revises the previous Healthy Eating Policy which was originally ratified in 2008.
- Interviews with children, staff and parent surveys and HSE and Department of Education recommendations were taken into account when reviewing the policy.
- **For this policy to be successful it needs to be supported by the whole school community. We appreciate that encouraging children to choose certain foods is not always easy. However, with the increase in obesity, type 2 diabetes and the prevalence of dental caries on children, we are encouraging best practise when in school.**
- This policy will be reviewed in 2020.