

Eating Guidelines

Mission Statement

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

Rationale and Aims

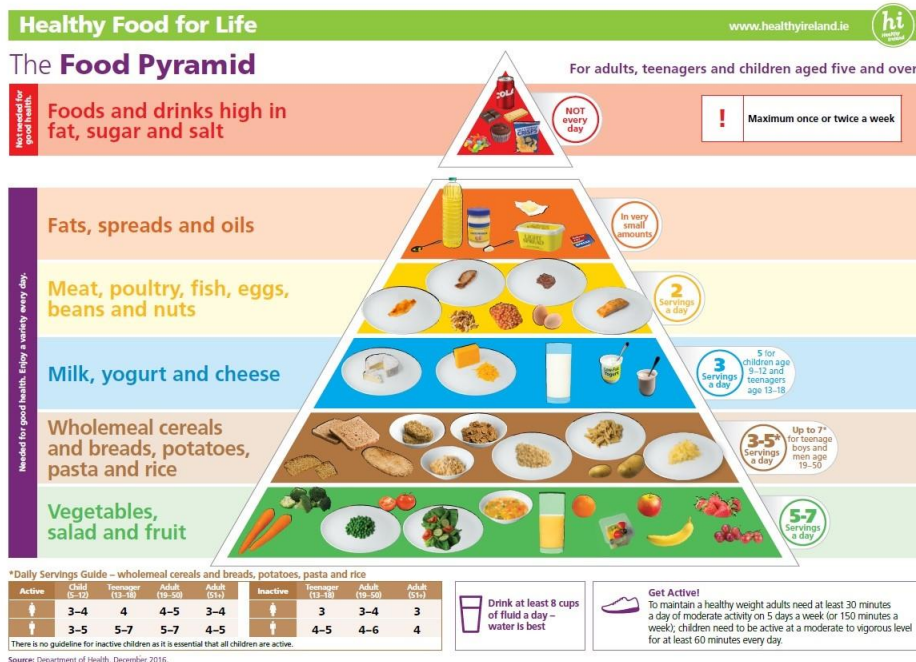
At DPETNS we recognise the importance of a healthy lifestyle and diet. This policy aligns with the curriculum subjects Social, Personal and Health Education (SPHE), and Science as well as the Learn Together Programme.

The main objectives of this policy are

- To promote nutritional awareness and positively effect food and drink choices within our school community.
- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.

Healthy Eating in DPETNS

- It is very important for children's energy and concentration levels that they eat a nutritious breakfast before they come to school.
- Children have two 10-minute breaks for eating during the school day, at 10.20 and at 12.25.
- The revised food pyramid was used in developing this policy and is a key tool in communicating healthy food messages.



A healthy lunchbox includes a piece of food from each of the bottom four shelves of the Food Pyramid;

- Fruit/salad/vegetables
 - Bread/pasta/rice
 - Milk/cheese/yoghurt
 - Meat/fish/eggs
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- 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.
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- Please see the supporting document for ideas about what can be included.
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- 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, fizzy drinks and energy drinks are not allowed.
- Staff will not offer treats to children as weekly rewards or prizes. Staff may bake as part of science or distribute treats such as hot chocolate, ice creams etc. for special occasions such as the end of term.
- 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/holidays 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.
- Staff are encouraged to promote awareness of different foods through taste testing, smoothie making, baking, cooking, etc.
- Parents/Guardians of incoming Junior Infants and new children to the school will be informed about the Eating Policy.
- Staff will remind parents/guardians of the policy at acquaintance meetings and as needed throughout the year.
- This policy will be available on the school website.

Review and Evaluation

- This policy revises the previous Healthy Eating Policy.
- Feedback from children, staff, parents, HSE and Department of Education recommendations were considered when reviewing this policy.
- We promote eating foods that provide energy and support concentration throughout the school day. DPETNS appreciate that parents are the primary care giver and have ownership of what their child eats. For this policy to be successful, it needs to be supported by the whole school community.
- This policy will be reviewed in 2028.