

TERENURE COLLEGE JUNIOR SCHOOL



HEALTHY EATING POLICY

RATIONAL:

At Terenure College we recognise the importance of a healthy lifestyle and diet. A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that will continue into adulthood.

BENEFITS OF HEALTHY EATING:

- Helps young people develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems later in life.
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.
- Sitting down to lunch/meals with other children is an important part of a child's social education. Break time allows children chat and talk while eating.

BALANCED DIET:

To ensure a balanced diet, foods from each of the following food groups should be included in meals:

- Bread, cereal and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Small amounts of foods containing fat and sugar

A healthy diet is one that allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Only balanced lunches/snacks are to be eaten during the day. *The following foods may be included in lunches/snacks: Sandwiches, fruit and vegetables, yogurt and cheese, crackers and plain biscuits. To drink we allow water, fruit juices and milk drinks.*

Fizzy drinks, popcorn, crisps, sweets, chocolate or chocolate biscuits are not allowed in school. Foods with artificial additives or high sugar content are not encouraged. Chewing gum is strictly forbidden.

Pupils are encouraged to drink water during the day. Drinking water is available in the cloakroom/canteen. It is a good idea for pupils to have a plastic bottle, which they can refill. Pupils are required to take home their water bottles each day to be washed and refilled.

Treats are an important part of a healthy eating plan. Party days happen from time to time, celebrating end of term or an occasion in the class/school. Sweets can be given occasionally by teachers as part of a range of little treats and rewards/prizes in the classroom.

RESPONSIBILITIES OF PUPILS:

- Recognise that most of us need to eat more fruit, vegetables, cereals, bread and less sugar, salt and fat.
- Eat our snacks/lunch in the classroom or canteen. Take our time and waste no food.
- Bring all lunch waste home in lunchbox.
- Participate in the Recycling Programme - '*Reduce, Reuse and Recycle.*'

RESPONSIBILITIES OF TEACHERS:

- Through the curriculum increase pupil's knowledge, understanding and attitudes towards healthy eating. Healthy Eating is explicitly addressed within the Social Personal and Health Education Programme, the Physical Education Programme and the Science Programme.
- Work together to help each other take responsibility for our own health and to adopt health-enhancing attitude and behaviours.

RESPONSIBILITIES OF PARENTS:

- Support the school's healthy eating policy by providing balanced lunches/ snacks for their children.
- Ensure your children have fruit juices, bottled water or milk drinks with their lunch.
- Reduce the amount of waste created by your child's lunch/snacks by using a lunchbox.
- Ask your children to participate in the Recycling Programme promoted by the College. '*Reduce, Reuse and Recycle.*'
- Encourage your children to participate in out of school activities.

Our key message to the pupils is, enjoy your food. Eat a variety of foods from all the food groups each day. Don't skip meals.

This policy extends to all co-curricular activities including the Homework Club.

This document should be read in conjunction with the Code of Discipline, Junior School Regulations and all other relevant School Policies. This policy will be reviewed and developed/adapted as necessary.

