

HEALTHYEATINGPOLICY

Silvermines NS

VisionStatement

In light of recent publicity regarding obesity, especially in Irish children, due to unhealthy eating habits and lifestyle, we, as a school community will endeavor to promote healthy eating habits, which combined with an improved lifestyle would benefit the child both physically and mentally.

IntroductoryStatement

Recent statistics have shown that Irish children and teenagers scored second worst for obesity in a European league table and to remedy this we have decided to put in place the following healthy eating policy.

Aims of the Policy

1. To create an awareness of healthy eating choices.
2. To enhance the existing S.P.H.E. programme.
3. To encourage and promote the benefits of a well-balanced diet.
4. To make pupils and parents aware of the benefits of healthy eating.
5. To put in place procedures to promote and monitor good practice among the children in our school.

Implementation of Aims:

1. Through the use of the S.P.H.E. programme to create an awareness of healthy eating choices.
2. By availing of services and resources supplied by outside agencies e.g. HSE West
3. To involve educational partners i.e. National Parents Council, Board of Management, staff in creating an awareness of and implementation of the schools Healthy Eating Policy.
4. On enrolment of pupils and parents will receive suggestions and guidelines for a healthy lunch in the form of information leaflets together with a copy of the schools Healthy Eating Policy.
5. To promote morning break as a healthy eating fruit break.
6. We would envisage that healthy eating choices would be reflected in the contents of the children's lunch boxes i.e. (leaflets supplied)
7. Children are allowed to bring ONE treat on Fridays with their lunch.

The following items are excluded from the school from Monday to Friday

- Crisps, chewing gum, sweets, bars, buns etc
- Bars Sweet bars, chocolate bars, sweet biscuits and confectionary.
- Given the current high intake of fats in school going children's diets fast foods e.g. breakfast rolls, chips, burgers, curry chips, battered sausages, wedges, pizza slices, chicken nuggets, fried chicken and hot dogs are not allowed. Drinks not allowed are: Fizzy Drinks and Capri Sun as the cartons cannot be recycled.

Children will continue to be encouraged to dispose of fruit skins and rubbish in litter bins which are placed around the school, thus encouraging a sense of pride in their surroundings.

- All uneaten items of food should be taken home.
- All classes will cover a certain number of healthy eating lessons during each school year and children will be encouraged to participate in such events as the National Healthy Eating Week.
- Information leaflets on healthy eating living will also be sent home.

Suggestions for Healthy Eating/ Points of Interest.

There has been growing concern in recent times over the general health and well-being of adults and children alike. In recent years there has been a considerable increase in the rate of obesity in children in Ireland. Low levels of physical activity and the consumption of junk food (e.g. fast foods and sugary foods) according to the health experts, are the main factors contributing to the worrying trend regarding our children's health.

It is with the above in mind that we, the staff of Silvermines NS, aim to promote and encourage positive and responsible attitudes to eating and to appreciate the contribution that good food makes to our health.

We also have cooking lessons as we have a cooker in our school.

These guidelines will support the healthy eating programme being taught in classrooms.

A healthy lunchbox should include a piece of food from the first four shelves of the food pyramid.

Shelf 1: Bread, cereal and potato group.

Shelf 2: Fruit & vegetables group.

Shelf 3: Meat, fish and poultry.

Shelf 4: Dairy Products.

For a healthy lunch we recommend the following examples:

Bread preferably brown, Pitta Bread, Bread Rolls, Crackers, Nutrigrain Bars.
Suggested Fillings e.g. Ham, chicken, lettuce, turkey, salad, cheese, chocolate spread. Fruit of all kinds and raw veg.

Snacks e.g. Raisins, Rice Cakes, Cheese, Dried fruit, cheese strings, Yogurts e.g. petit filous, Yop, Actimels and frubes.

Drinks e.g. Milk, fruit juice, water with diluted cordial

- This policy was completed and made ready for the school plan in 2009

