

BORRIS NATIONAL SCHOOL

HEALTHY EATING POLICY

What children eat is known to be one of the key factors influencing their health.

These guidelines aim to help all those involved in our school community (children, staff and parents) to develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to good health.

The curriculum provides an opportunity to teach about food and healthy lifestyles.

AIMS

1. To promote the personal development and well-being of the child.
2. To promote the health of the child and provide a foundation for a healthy lifestyle.

OBJECTIVES

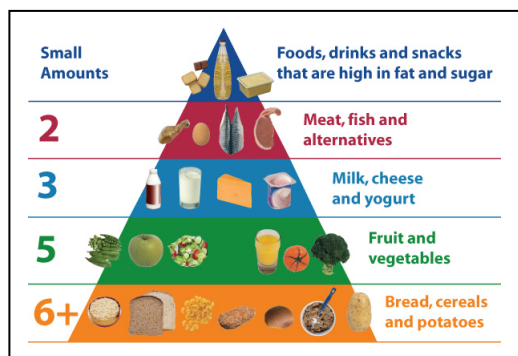
1. To enable the child to appreciate the importance of good nutrition for growing and healthy living.
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

GUIDELINES

1. Children should have a healthy breakfast every morning.
2. Each child should have a labelled lunchbox and re-useable drink bottle.
All lunch litter and leftovers to be brought home in a lunchbox
 - (i) to reduce refuse in line with our Green School Ethos
 - (ii) so that parents/guardians will be aware of how much lunch their children are eating.

2. A healthy lunchbox should include a mix of food from the bottom four shelves of the food pyramid. Some of the healthy snacks we suggest for small break are: small sandwich, fruit, crackers, cheese, raisins, raw/cooked vegetables, scones, brack, rice cakes, cooked pasta, small portion of popcorn.

Please see our link to Safefood Healthy Lunchbox and Healthier Lunchbox Planner, on our school website www.borrisns.com.



4. For big lunch we suggest a white or brown bread sandwich, roll, or pitta bread, filled with e.g. lean meat, egg, cheese, and/or salad vegetables, and some snacks as mentioned above.
5. Please provide sufficient food for two breaks (this aids concentration).
6. Drinks can include milk, water or fruit juice (non-sweetened). All energy/fizzy drinks have a very high sugar content and are not allowed. Glass and cans are not permitted for safety and litter reasons.

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7. Encourage your child not to tease other children's tastes.
8. Some children have different dietary requirements. If so, please inform their teacher.
9. Staff members may decide that children can be offered treats on special occasions.
10. Classes will receive lessons on healthy eating and healthy eating will be encouraged throughout the year.

We ask that children do not bring the following to school:

- Crisps (including crisp-style snacks)
- Peanuts
- Fizzy drinks/energy drinks
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Hot beverages (except soup for 3rd - 6th classes)

This policy is reviewed and updated regularly.