

Healthy Eating Policy CETNS

Version	Date First Ratified/Amended by BOM	Date Reviewed by BOM
V1.0	05.12.23	

Aims of our Healthy Eating Policy

- To promote a whole school approach to healthy eating and nutrition
- To promote an awareness of the importance of a balanced diet
- To positively affect healthy eating among school-age children
- To raise levels of concentration within class through the consumption of healthy food
- To support and encourage healthy eating habits in children, which is hoped will become lifelong habits
- To provide members of staff, parents and those involved in school activities with clear information
- To protect the health and safety of children with serious food allergies.
- To encourage the children to be aware, alert and responsive to litter problems.

Benefits of a good diet

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration
- Strengthens the immune system
- A nourishing breakfast is the best start to your child’s day giving him/her the energy needed to concentrate and learn. Research has shown that children benefit both nutritionally and behaviourally from eating breakfast.

School Lunches

Claregalway Educate Together NS have been partaking in the Free School Meals Program funded by the Department of Social Protection and our provider is [Glanmore](#). Parents of children in every class can download an app to their phone and select a lunch for their child.

Children should bring water to school each day and should be provided with a refillable water bottle at the start of the school year. Our tap water is filtered and safe to drink.

Should you decide that you would like to supplement your child’s lunch please see below list of food items not permitted.

Should you decide that you do not wish for your child to take part in the Free School Meals Program please let the school know ASAP, so as we can report this to Glanmore to avoid unnecessary food and packaging wastage. The children will bring home uneaten snack items and food packaging/ leftover food waste to reduce waste in line with our Green School status.

Items Not Permitted In School On Any School Day

- Individual classes may have food items not permitted if there is a specific allergy identified within the class, this will be communicated to parents at the start of the school year or as soon as the school is informed in the case of serious allergies.

- Fizzy drinks, sports drinks and drinks/ juices with high sugar content, chocolate/crisps, other salted products, popcorn, sweets, other sugary products eg. biscuits/ cakes/muffins, chewing gum, lollipops, Chocolate / chocolate nut spreads, cereal bars covered in chocolate.

Special Treats

On specific days during the school year the children will be permitted special treats; end of term parties, school trips. Your child's class teacher will communicate this to you in advance.

Lunch Time Guidelines

In order to promote the health and safety of all children in the school and prevent the spread of infection, guidelines for eating at lunch and break times are necessary. These are essential and therefore mandatory:

- Children are not to share food or drink.
- Children are not to share food utensils or drinks containers.
- Any uneaten food goes back into the child's lunch box- the parent/guardian will be aware of what their child is actually eating

We would also encourage that:

- All containers are labelled with the child's name
- As far as practicable, lunches are eaten in one place within the classroom. It is important to note that the health and safety of children with serious allergies will take precedence over other issues. It may, therefore, be necessary to introduce additional precautions or restrictions in classes in which some children have serious allergies.

Important Points to Note

- If your child has an unhealthy food item for their lunch, they will be asked to take this home. Children are requested to take home all uneaten food so that parents/carers know if the quantity they are sending is too large or if the child does not like a particular food.
- Cultural and religious and dietary habits are respected. Parents or carers are requested to provide details of foods not eaten by the child for these reasons.
- In the interest of maintaining teaching and learning time, fairness, and for allergy, religious and health reasons, we cannot host birthday parties at school. If parents/carers wish, children should celebrate their birthdays at home with their families/friends. Please refrain from sending in birthday cakes/treats to school. We will, of course, sing 'Happy Birthday' for your child on the big day, if they would like us to, and generally make a fuss of them!
- As a Green Flag School we encourage the use of reusable containers, especially for drinks. Glass bottles and cans are not allowed.

Food Allergies

If a child has a serious food allergy or a special dietary requirement, parents/carers are responsible for notifying the school and completing the medical information on Aladdin Connect and the administration of medication form, where necessary.

You will be asked to participate with staff in formulating an individual allergy management plan. This plan will identify how best to minimise the risk of an allergic reaction for your child, taking her/his age and class into account. The individual allergy management plan may result in precautions or class specific restrictions, in addition to those of not sharing food or containers, being put in place. They are called class specific restrictions, as they will only apply to the class in which there is a child with a life-threatening allergy. Where class specific restrictions are required, the parents/guardians of all children in the affected class will be informed by a letter explaining what the restrictions are and the reasons for them. These will be regularly reviewed and updated, and any changes will be communicated in writing.

Timeframe for Review

This policy will be reviewed every three years or sooner, if required.