

SCOIL PHÁDRAIG NAOFA

Tomard
Athy,
Co. Kildare.

Healthy Eating Policy



As part of the Social, Personal and Health Education (SPHE) Programme, at Scoil Phádraig Naofa we encourage the children to become more aware of the need for healthy food in their lunch boxes and maintaining a healthy diet.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

Aim of Policy

- To promote healthy eating habits among pupils, staff and parents;
- To encourage pupils to make good/healthy choices with regard to personal diet.
- To promote lifelong healthy eating and exercise habits through the Social, Personal and Health Education programme (SPHE) in our school and through our Physical Education programme (P.E.).

School Lunches Scheme

Scoil Phádraig Naofa, as a DEIS school, avails of the School Lunches Scheme which is funded by the Department of Social and Family Affairs.

Under this scheme, students from our school receive their individually packed lunch on a daily basis. The lunches are both healthy and nutritional and provide our students with a sufficient snack for the day (See Lunch section). Students who wish to supplement this lunch may bring some extra food to school from home. Lunches brought from home must also be of a healthy and nutritional nature.

Signing up for School Lunch.

School Lunches are currently provided by Bradbury's of Athy. Pupils sign up for their lunch through the school office and fill in an individual preference form. Opportunities are provided throughout the year for pupils to change lunch preferences.

Lunch in the Bialann.

The school operates a Lunch Club. Lunch in the Bialann runs on a weekly basis and provides our students 'Hot Meals' at lunch time and a chance to dine together. Social skills, table manners, prayer before and after meals, all form part of this time together.

Our Lunch Club is also funded through the Department of Social and Family Affairs School Lunch Scheme.

Lunch

It is very important that parents/guardians provide their children with a healthy breakfast each morning. This helps concentration span and school performance.

Lunch is an important meal for children. If your son/daughter isn't availing of the 'School Lunch Scheme', for healthier lunches, we encourage up to 5 items, one from each of these:

1. Milk, cheese, yoghurt
2. Bread, rice, pasta
3. Fish, chicken, lean meat, egg, cheese
4. Fresh fruit, dried fruit, fresh vegetable
5. Water, milk.

Children will eat their lunch together in class before going out to play. Children will bring home any items left over which are unsuitable for compost or recycling.

After School Clubs

Scoil Phádraig Naofa runs an extensive selection of After School Clubs throughout the year. All club members are provided with healthy snacks and drinks. This is an integral part of our Healthy Eating Policy and forms vital continuity between eating practices in school and after school.

Foods Not Allowed

The school strongly requests parents not to give the following foods to children for eating in school:

- Bubble gum/chewing gum
- Sweets, chocolate,
- Fizzy drinks, diet drinks, fruit drinks and sports drinks.
- Biscuits, bars and cereal bars.
- Crisps/popcorn

Treat Days and Treats as Part of PDS.

Friday is our treat day. On Friday's children can include one item from the 'not allowed' list to be included with lunch.

Children may also avail of a treat as part of the school's positive discipline process. Decisions on the inclusion of treats to celebrate such occasions are at the discretion of our PDS coordinating teachers.

Health Promotion

The foods on offer in the Bialann must be both of high nutritional value and also acceptable to the children. Education about good nutrition will help provide the children with an understanding of the importance of a varied diet for growth, development and health. Our school embraces this message:

- in the classroom
- in the Bialann
- through SPHE by highlighting some healthy foods and teaching the food pyramid
- by encouraging children to try new foods in the Bialann
- through our dealings with the wider community using seminars for parents
- through P.E and other sporting activities.

Parents are also encouraged to read Healthy Eating for Children publication by the HSE. See Appendix 1

Healthy Eating as Part of an Active Lifestyle

Scoil Phádraig Naofa promotes all aspects of living a healthy, sustainable and active lifestyle. Through the promotion of healthy eating and a healthy diet children are educated about the necessity to look after our bodies. Educating our pupils happens both through the curriculum and day to day activities.

Curriculum

- S.P.H.E.
- P.E.
- Science
- Geography

Day to Day Activities

- Yard/Break time activities
- Bizzy Bresk
- School Sports Clubs
- Walking/Cycling to and from school as part of Green Schools programme

Exceptions to Healthy Eating Policy and Children with Medical Conditions

Parents/Guardians of any child with a medical condition which requires a special diet should contact the school to make the necessary arrangements regarding their son/daughters dietary requirements.

Parents/Guardians of children experiencing eating/dietary disorders or difficulties are also encouraged to make contact with the school. In such circumstances Scoil Phádraig Naofa may assist in facilitating a solution where possible.

Funding

The Department of Social and Family Affairs provides a grant to cover all food costs for the school's Lunches, Hot Meals and After School Snacks.

The BOM provides funding to employ a Kitchen Supervisor to organise and run our Bialann for hot lunches.

Parent's Council contributes towards the provision of healthy foods in our school along with supporting our schools healthy eating and active lifestyle philosophy.

Ratification

This policy was ratified by the Board of Management & Parents Council on

Scoil Phádraig Naofa's Healthy Eating Policy will be reviewed in October 2015.

Appendix 1: Healthy Eating for Children.

HEALTHY EATING FOR CHILDREN HSE GUIDELINES

Dear Parent/Guardian,

Many of the choices you make for your children today will influence their health in the future. One decision you make everyday involves the choice and preparation of meals, particularly school lunches. Healthy eating habits started in childhood will stay with your children forever and influence their chances of a healthier life.

Children grow and develop at a fast rate. Therefore they need a high quality diet which contains adequate energy, proteins, vitamins, minerals and fibre.

This leaflet was produced to provide you with information and some useful ideas to fill healthy well balanced lunch boxes. The suggested lunches are easy to prepare and inexpensive. The leaflet also contains an example of a day's eating pattern containing healthy food choices for your children.

We hope that this leaflet will assist you in achieving a healthy eating pattern for your family.

Healthy food pyramid

The Healthy Food Pyramid is a fun way of teaching your children about the different food groups.

The pyramid is divided into five shelves, each representing a different food group. Choosing a variety of foods from each shelf ensures that your children have a balanced and healthy diet.

You should select most of your children's foods from the bottom two shelves of the Healthy Food Pyramid. Smaller amounts of food should be chosen from the next two shelves, while foods at the top of the pyramid should be taken sparingly.

Healthy servings

The following is a list of suggested servings from each of the food groups in the Healthy Food Pyramid. Each represents one serving. The recommended number of daily servings are indicated beside each food group.

Cereals, bread and potatoes group 6+

- 1 oz slice wholemeal bread or breakfast cereal
- 1 small bread roll
- 1 small scone – plain/brown/fruit
- 2 wholegrain cream crackers or crispbread
- 1 oz plain popcorn
- 1 medium-sized potato – boiled or baked
- 2 tablespoons boiled rice or pasta

Children and teenagers may require additional amounts from the Cereals, Bread and Potatoes Group for physical activity and growth.

Fruit and vegetable group 4+

1 medium-sized fresh fruit, e.g. apple, orange, banana, pear
1/2 glass unsweetened fruit juice
Salad vegetables, e.g. tomato, lettuce, cucumber, carrot, celery
Vegetable sticks made with carrot, pepper, celery, cucumber
2 tablespoons cooked vegetables or salad
bowl of home-made vegetable soup

Milk, cheese and yogurt group 3

1/3 pint milk
1 carton yogurt
1 oz cheddar/Edam/Blarney cheese
2 cheese singles

Meat, fish and alternatives group 2

2 oz lean cooked meat, beef, lamb, ham, corned beef
2 oz chicken/turkey
3 oz fish, tuna, mackerel, sardines
2 eggs (not more than 7 per week)
2 oz pate (low fat)
1 oz peanut butter
4 oz baked beans

How many servings from the food pyramid did you have today?

Cereals, bread and potatoes group.

Fruit and vegetables group .

Milk, cheese and yogurt group.

Meat, fish group.

Alternatives group.

Total :

Healthy light lunches

Monday's lunch is fun and good to eat

1 glass or small carton of milk
Peanut butter sandwich on wholemeal bread
1 orange

Tuesday's lunch leaves time for playing

Flask of soup
Pate or tuna roll
Carrot and celery sticks
1 mandarin or grapes

Wednesday's lunch is nice and filling

1 glass or carton of unsweetened fruit juice
Corned beef sandwich on wholemeal bread
1 yogurt
Popcorn

Thursday's lunch is hard to beat

Cheese on wholegrain scone
1 apple
1 glass of water, or milk, or fruit juice

Friday's lunch and off we go "free for two days in a row"

1 glass or carton of unsweetened fruit juice
Egg and salad sandwich on wholemeal bread or filled pita bread
1 banana or pear

Our light lunches are healthy, yet they cost less than 50p.
Use lettuce or slices of tomatoes or cucumber to brighten up a sandwich, and for added vitamin C.

Healthy main meals

Suggested meal plan for 5-10 year olds

Breakfast

The most important meal of your child's day

Fresh fruit or unsweetened fruit juice
Breakfast cereal, e.g. wholegrain/bran type or porridge Wholemeal bread,
butter/margarine spread thinly –preferably low fat.
Jam/marmalade
Milk or tea

Lunch

Should provide one third of your child's food requirements for the day.

Meat, fish, chicken or combination dishes, e.g. pizza, quiche
Bread for sandwiches – rolls, pita, soda bread
Fresh fruit/yogurt
1 glass or carton of milk or unsweetened fruit juice

Dinner

Adapt your favourite recipes into healthy, balanced dishes.

Home-made vegetable soup
Lean meat or chicken or fish
Good serving of vegetables or salad
Boiled/baked potatoes or boiled rice/pasta
Fresh fruit/stewed fruit/milk pudding/yogurt
1 glass of water
Milk or tea

Bedtime/between meals

Cup of milk and small snack, e.g. wholegrain cracker, scone, plain biscuit

Dos and don'ts of good eating for children

DO eat regular meals, not one big meal each day
DO eat as wide a variety of food as possible
DO eat breakfast every day
DO eat more fruit, vegetables and salad foods
DO eat wholegrain cereals and bread
DO drink plenty of water
DO use mayonnaise/salad creams/salt sparingly
DO remember to brush your teeth after breakfast and at bedtime
DON'T skip meals or eat lots of snacks each day
DON'T eat fried foods. Grilled instead.
DON'T eat sweets, cakes and biscuits too often. Have them as occasional treats.

Healthy recipes

Family salad

8 oz boiled potatoes (cold)
1 small lettuce, shredded or cut up
1 red apple, sliced
1 onion, chopped
8 oz carrots, cut into small pieces
8 oz cold cooked chicken or other meat, cut into small pieces
4 hard boiled eggs
Cut the potatoes into chunks and place all the salad ingredients, except the eggs, into a bowl. Mix together. Cut the eggs into quarters and add to the salad. Serve with French dressing.

Soda bread plait

8 oz self-raising flour
1 oz soft margarine
1/4 pint milk
1 egg beaten
1 oz poppy or sesame seeds, if liked

This recipe can be used for a pizza base or for scones.

Turn on the oven to gas mark 7 ,425°F, 220°C.

Put the flour and baking powder into a bowl and mix together. Rub in the margarine.

Make a hole in the centre and pour in the milk.

Mix well together. Turn out onto a floured surface and knead. Divide into 3 equal parts.

Roll out each part into a sausage shape about 2cm long. Press the top ends together and plait.

Press the bottom ends together.

Brush with beaten egg and sprinkle with the poppy seeds. Bake on a tray in the centre of the oven for about 20 minutes.

Community Nutrition Services

Eastern Health Board (Dublin, Kildare, Wicklow)

Tel: 01 670 798

As at 23.09.2014