

**Presentation Primary School,
Station Road,
Portarlinton,
Co. Laois**



Presentation Primary School Mission Statement

We endeavour to provide a holistic Catholic education for each child, where respect and care for all, are central values.

Healthy Eating Policy

Introductory Statement

This policy was formulated after consultation with teachers, pupils and parents of Presentation Primary School, Portarlinton. We focused on this policy to support parents and pupils around developing healthy eating habits at an early age, to develop positive and responsible attitudes to eating, and to appreciate the contribution that good food makes to one's health.

Nutrition

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).

This policy is linked to:

- A. SPHE: Taking Care of My Body: Food & Nutrition and Making Choices
- B. Science: Myself: Human Life Processes

All classes will receive a minimum of 2 lessons on healthy eating. School staff will provide positive modelling and supportive attitudes to encourage healthy eating.

Mission Statement

Presentation Primary School aims to promote lifelong education of healthy eating for mind and body.

Objectives/Aims

- To help children improve concentration, learning and energy levels
- To support parents and children make healthy enjoyable decisions around food
- To develop nutritional awareness i.e. ingredients in foods
- To support the school's environmental policy – reusable containers, minimise wrappers

Guidelines

A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid. . While this list is not exhaustive, we encourage children to include these in their lunches:

- For the small break include fruit, flapjacks, yogurt, fromage frais and crackers
- For main lunch we suggest salad vegetables, peppers, carrot sticks, fruit, sandwiches, rolls, pitta bread, etc. with a variety of healthy fillings, pasta /rice, etc.
- Healthier choices of drink include water, milk, and unsweetened juice
Children are encouraged to drink water regularly throughout the day.

Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment. Cans & glass bottles are not permitted for safety and litter reasons.

Crisps, fizzy drinks, sweets, chewing gum and full chocolate bars are not allowed. We also discourage snacks known to be high in sugar, saturated fat, salt, additives and preservatives.

Due to the risk of severe nut allergies we request children not to bring nuts to school.

N.B. Parents/guardians of any child with food allergies, or with a medical condition which requires a special diet, should inform the school.

Exceptions to the policy will be made for celebration days, eg. End of term parties, visits from Santa, etc.

10. Ratification of Policy

This policy was adopted by the Board of Management on _____ [date].

This policy has been made available to school personnel, published on the school website and provided to the Parents' Association. A copy of this policy will be made available to the Department and the patron if requested.

This policy and its implementation will be reviewed by the Board of Management after four years. Written notification that the review has been completed will be made available to school personnel, published on the school website and provided to the Parents' Association. A record of the review and its outcome will be made available, if requested, to the patron and the Department.

Signed: _____
(Chairperson of Board of Management)

Signed: _____
(Principal)

Date: _____

Date: _____

Date of next review: September 2017

