

Healthy Eating Policy

Ratified by the BOM on 25/11/08

Reviewed and edited by Pauline and Sandra W on 13/11/17

For review annually or as necessary.

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

These guidelines also relate to the following curricular areas:

S.P.H.E.: Strand: Myself Strand Unit: Taking Care of My Body: Food and Nutrition.

Strand Unit: Self Identity: Making Decisions.

Science: Strand: Living Things Strand Unit: Myself: Human Life Processes.

Relationship to Characteristic Spirit of the School:

Our school cherishes all children equally and to aid them achieve their true potential we endeavour to develop a positive attitude to eating healthy foods.

Aims:

- To raise levels of concentration within class due to the consumption of healthy food.
- To heighten an awareness of the importance of a balanced diet
- To encourage the children to make wise choices about food and nutrition.
- To encourage pupils to be aware of litter problems caused by junk food, prepared food, juice cartons etc.

Guidelines: A healthy lunch includes a piece of food from the bottom four shelves of the food pyramid. Healthier choices of drink include water and milk. Children will not be permitted to eat lunch items brought to school by others except on the rare occasion where a child may have forgotten their lunch and other children offer some of their lunch. On special occasions, however, children may wish to share treats. Where treats are allowed on special occasions parents are asked not to send items which contain nuts due to possible allergic reactions and those containing gelatin/animal products in respect of the dietary requirements of some children.

The following are not permitted: Fizzy/Canned Drinks Drinks in Glass Bottles Crisps Sweets Products Containing Chocolate Chewy/Sticky Bars Fruit Winders Cereal Bars Cakes Buns Frubes Cheestrings	Suggestions: Fruit (ready to eat. Grapes halved lengthways) Vegetables Cheese Sandwiches using pitta bread/bagels/wholemeal bread/roll/wrap. (Try to avoid processed spreads) Pasta Noodles Cream Crackers Rice Crackers Corn Cakes Hummus
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	A pot of natural or low fat yoghurt (125ml) or similar quantity of custard 2 processed cheese triangles A matchbox-sized piece of cheese such as cheddar, edam or gouda varieties
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10.30 break will become fruit and vegetables only break from January 2018.

Children will be praised and encouraged in their efforts to comply with guidelines.

The Principal will be available to discuss rationale behind guidelines with parents / guardians.

All pupils will be taught the Food and Nutrition lessons from the S.P.H.E. curriculum.

School staff will provide positive modelling and supportive attitudes to encourage healthy eating.

In early January the Healthy Eating Guidelines will be reviewed and a Healthy Eating Awareness week held.

A copy of the Food Pyramid will be displayed in each classroom.

Exceptions:

- Children may be allowed to bring in a small treat at end of term parties and on school tours.
- If parents send in treats to the class they must conform to the Guidelines.
- Special dietary requirements of individual children will always be facilitated.
- Children are allowed a small treat on Friday's (a fun-sized bar; a biscuit; a homemade treat)

Suggested Actions for School Staff to facilitate:o

Whole school assembly re new fruit break

Fruit Day last week in January

Milk Scheme to recommence in January

Fruity treat/extra break time for class with most fruit per child junior and senior class on monthly basis. Photograph and display pictures of best lunchboxes.

Try to organise a dietitian/nutritionist to visit school to talk to parents re sugar content in foods.

Sandwich making – teach children to make a sandwich with brown bread. Choice of fillings: Ham; Chicken; Tuna; Cheese; Tomato; Egg; Lettuce; Spring Onions; Banana.

Homework – Design your own healthy lunch.

Coisceim can take from this as they so wish or may wish to devise their own healthy eating policy as many children with ASD may have selective eating that goes beyond the usual 'picky eating' behaviour seen in most children at specific developmental stages.