

# HEALTHY EATING POLICY 2013



**Módh Scoil Láir Naíonán, Sráid Maoilbhríde, Baile Átha Cliath 1**

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## **Introductory Statement**

The Central Model Infants' School is a co-educational school, under the patronage of the Minister of Education. The Central Model Infants' School is an inclusive, child centred Learning Community. Respectful relationships are fundamental to us. We achieve excellence through high expectations, teamwork and shared leadership. We aim to nourish and develop each child's sense of their own self-worth as an individual and celebrate their unique gifts and talents

This policy is directly linked to

- SPHE: Taking care of my body: Food and Nutrition and Making Choices
- Science: Myself: Human Life Processes
- P.E: Being healthy and fit enough to participate fully in the P.E curriculum and develop physical fitness for life.

## **Mission Statement**

It is our mission to promote lifelong healthy eating education for mind and body for our pupils and their families.

## **Aims**

- To raise awareness in the whole school community of the importance of good nutrition for healthy growth and development
- To support parents and children to make healthy food choices and develop nutritional awareness e.g the ingredients in food and their effect on our bodies/ teeth etc
- To improve our pupils' concentration, learning and energy levels
- To raise the level of physical development and fitness of our pupils so they can enjoy an active life
- To help prevent obesity among our pupils now and in the future
- To encourage our pupils' social skills in relation to sharing food and enjoying eating together
- To support all in our school community to respect the environment by minimising food waste and recycling packaging

## **Guidelines and practice**

- Our school receives a grant to buy school lunches.
- Parents and children choose the sandwich they would like to order from a menu that includes cheese, tuna, chicken, etc.
- Milk is offered at lunchtime and the children are encouraged to drink water during the day.
- The class teacher also orders a variety of healthy snacks including fruit, crackers, and yoghurt.
- The lunches are delivered to the school each day and placed in classroom fridges.
- Snacks may be eaten outside at first break.
- At second break pupils eat together. This is an opportunity to share food in a relaxed sociable way. Irish is spoken. Good hygiene routines are observed.

- School staff provide positive modelling and supportive attitudes to encourage healthy eating.
- Teachers communicate with parents if there are any concerns regarding a pupil's diet in school. We respect parents' wishes in relation to particular requests to avoid certain foods for cultural/medical reasons.
- Teachers do not use food as a reward for academic achievement.

### **Special Occasions**

- We celebrate every child's birthday. Parents are welcome to provide a birthday cake to share in class. In the interests of equality, time and health no other treats will be accepted for birthdays.
- The school gives each pupil a small treat on some trips out of school.
- Teachers usually have end of term parties and goodies are provided.
- The class that wins the monthly best attendance award have a movie time and a treat.
- And of course sometimes we cook up lovely treats in the Parents' Room.

### **Responsibilities and Rules**

- We acknowledge the role of parents as the primary carers of their children, our pupils.
- We ask that every child have a healthy breakfast to help them begin their day well.
- Children should not bring any food to school.
- Chewing gum is not allowed and we ask all visitors to respect our beautiful school by not disposing of it on the ground.
- We sometimes give children extra food to bring home. Please make sure your child disposes of litter properly.

Signed \_\_\_\_\_  
Chairperson Board of Management

Date \_\_\_\_\_