

Athy Model School

Healthy Eating Policy

Introductory statement

The original Healthy Eating Policy was developed in 2006. It was reviewed in 2009-2010. This review was undertaken after consultation with teachers and parents and was ratified by the BoM at a board meeting on Weds 6th February 2013.

Rationale

To promote healthy eating and the idea of a balanced diet.

Relationship to characteristic spirit of the school

Providing a quality health education is part of our vision of our school as a happy, safe place where each child is nurtured and valued and where each child may reach his/her potential.

Aims

To heighten each child's awareness of the importance of a balanced diet
To encourage the children to make wise choices about food and nutrition
To help children improve concentration, learning and energy levels.
To encourage pupils to be aware of, and responsive to litter problems caused by food packaging.

Guidelines

Parents/guardians are encouraged to provide their children with healthy lunches.
Crisps, fizzy drinks, sweets, chewing gum and chocolate bars are not allowed.
All food packaging goes home.
Fruit peelings are put in the class compost bins.
Reusable drinks containers only are to be used.

Outside speakers

Speakers such as the dental nurse will be invited to talk to the pupils on a regular basis about healthy eating.

Communication of information

Information sheets on our healthy eating policy will be distributed to all families. The subject of healthy eating will be taught by all class teachers in SPHE and Science.

Promotion of the policy

Staff, parents and pupils will all help to promote this policy.

Implementation

If pupils bring in foods that are not allowed, they will be asked to bring them home. If a child persists in bringing in foods that are not allowed, the class teacher will bring the healthy eating policy to the child's attention.

Success criteria

This policy will be reviewed on a yearly basis.

Roles and Responsibility

The principal and teaching staff are responsible for monitoring and evaluating this policy.