

**Cork Educate Together National School**

**Healthy Eating Policy**

## **Introductory Statement:**

The Cork Educate Together School aims to help all those involved in our school community, children, staff and parents to develop positive attitudes towards eating and healthy living. We wish to promote “the personal development and well being of the child and to provide a foundation for healthy living in all its aspects” (SPHE Guidelines) This policy was formulated by members of the teaching staff in consultation with other staff members, the pupils, parent representatives, Principal and Board of Management.

## **Rationale:**

It was decided to focus on this area for development in order to improve the pupils’ health.

Our SPHE & Science programmes endorse this view:

SPHE Strand Unit: Taking Care of My Body: Food and Nutrition (Curriculum J. Infants – 6th Class Making choices (See Teacher Guidelines pp 11-13)

Science Strand Living Things: Strand Unit: Myself: Human Life Processes (Curriculum J. Infants – 6<sup>th</sup> Class) (See Teacher Guidelines p.10-11)

In addition, the Physical Education programme supports the physical development and fitness of the children.

## **Relationship to Characteristic Spirit of the School**

The philosophy of Cork Educate Together N.S. aims to provide an holistic education where each child is nurtured in their academic, social and spiritual development. Within that framework we see ourselves as having a role in the process of enabling pupils understand their ability to have control of and improve their health.

The Food and Nutrition strand in our SPHE plan helps us promote this policy in our school.

## **Aims:**

Lunch is an important meal for school going children. The current practice is that children eat twice a day. Healthy eating, Monday through to Friday is encouraged. The children are allowed to sip water during class but not fizzy drinks. Children are asked to use reusable containers for environmental and litter reasons, cans and glass bottles are not permitted. No food is allowed to be consumed during class unless needed by children with dietary requirements.

### **Ideally we hope:**

- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration within class by way of consumption of healthy food.
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc.
- To enable the children to develop a healthy eating habit for life.

### **Promotion of the Policy:**

All members of the teaching staff promote this policy through regular verbal reminders and good example to the children.

If children bring "discouraged" food / drinks to school:

They will be allowed to eat/drink them but advised not to bring them on other days.

If they persist in bringing unhealthy food to school, the teacher will contact parents to remind them of the healthy eating policy of our school

### **Exceptions are allowed:**

- End of term parties
- School trips
- School events – concerts, matches, cake sales etc.

Teachers may give children treats as a reward from time to time.

### **Success Criteria**

We will know that the policy is effective when healthy eating has become a habit for all pupils. Children observed around the school will be consuming only healthy food/drinks

## **Roles and Responsibilities:**

### **Role of Parents:**

- ⌚ To provide a healthy, well-balanced lunch.
- ⌚ To encourage healthy eating.
- ⌚ To inform the school of their child's special dietary needs where they exist.

### **Role of Children:**

- ⌚ To eat their lunch.
- ⌚ To bring home any uneaten lunch.
- ⌚ To help make their lunches and remind parents of the Healthy Lunch Policy.
- ⌚ Not to bring chewing gum, crisps, chocolate bars, sweets or fizzy drinks to school.

### **Role of School:**

- ⌚ To promote and encourage healthy eating.
- ⌚ In consultation with the Principal and staff appropriate and beneficial sponsored food programmes e.g. "Food Dudes" will be implemented.

## **Implementation and Review**

As part of the Social Personal and Health Education curriculum reasons for healthy eating will be discussed with the children regularly by staff.

On occasions teachers give children a sweet treat in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. These treats are used prudently and will not interfere with the health of the children.

This policy is subject to review at the discretion of the teaching staff and/or the Board of Management.

The Healthy Eating Policy is available on the school's website  
[www.corkeducatetogether.ie](http://www.corkeducatetogether.ie)

This Healthy Eating Policy was formally approved by the Board of Management at its meeting on

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John Stapleton.

Signed on behalf of the Board of Management.