

# Holy Family Junior School



# Healthy Eating Policy

**June 2023**

**Introductory Statement:**

This policy was drafted by the staff of Holy family Junior School and ratified by the Board of Management. The policy was designed to increase the awareness and promote the importance of a healthy diet among children and parents.

**Rationale:**

Our school wishes to create a happy environment which fosters the holistic development of each individual thus enabling them to achieve their full potential. A healthy diet is important in achieving this.

**Aims:**

The aims of this policy are:

- To ensure that children eat a healthy, well-balanced lunch.
- To educate the children about the importance of healthy food choices as part of a healthy lifestyle.
- To raise awareness of the importance of eating a breakfast.

**Guidelines:**

1. We encourage children to have nutritional food and non-fizzy drinks for sos and lunch time. Healthy, balanced nutritional lunches are provided daily in the school free of charge to parents. Children availing of this facility choose their preferred options online. Carambola currently provide this service and the children receive healthy nutritious school lunches.
2. Chewing gum is not permitted at school. Crisps, chocolate, biscuits or sweets are also not permitted, with the exception of an occasional treat which is decided and provided by the teachers.
3. The drinking of water, milk, cordials with no added sugar made from non-concentrated juices are encouraged, but fizzy drinks, yops, capri-suns and energy sports drinks are not permitted.

**Roles and Responsibilities:****✓ Roles of Parents:**

- To provide a healthy well-balanced lunch for children, by ordering the school lunch or by ensuring that your child brings a healthy lunch to school from home.
- To encourage healthy eating at school and at home.
- To inform the school of your child's special dietary needs.
- To monitor the sugar content on packaging given to children.
- To be guided by the healthy eating policy of Holy Family Junior School

✓ **Role of Children**

- To eat their healthy sos or lunch at designated times.
- To bring home any uneaten food at the end of the school day.
- To help choose their lunches and remind parents of the Healthy Eating Policy.

✓ **Role of School**

- To promote and encourage healthy eating through discussion and example.
- As part of the S.P.H.E. curriculum reasons for healthy eating will be discussed.
- As part of the science curriculum, healthy food options will be discussed.
- To make parents and children aware of the school policy on healthy eating, with continuous reminders in the school newsletter and at assemblies.
- To provide examples of healthy eating options to parents.
- To ensure that parents are made aware of the Healthy Eating Policy.

**Success Criteria:**

The success of this policy will be assessed by school personnel and parental feedback in relation to:

- ✓ Children choosing healthy food options.
- ✓ Provision of healthy food for sos and lunch
- ✓ Healthy food being eaten and enjoyed by the children.

**Implementation and Review:**

This policy will be implemented from June 2023 and will be reviewed annually thereafter.

**Communication:**

A copy of this policy is available for staff and parents to read on the school website.

**Policy Ratification:**

This policy was ratified by the Board of Management on: \_\_\_\_\_

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Chairperson of B.O.M:

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Principal and Secretary to the B.O.M: