



St. Francis Junior School  
Priorswood, Dublin 17  
Roll No. 17104G

## Healthy Eating Policy

The aim of our Healthy Eating Policy is to encourage healthy eating habits among the pupils, staff and parents.

As part of the Social, Personal and Health Education (SPHE) programme we encourage the entire school community to become more aware of the need for healthy food, a healthy diet and a healthy life style. Research indicates a strong link between diet and performance of pupils in school and also lays the foundation for their health in later life.

### Aim:

We hope to:

- Promote the personal development, well-being and health of each child
- Heighten the awareness of the importance of a balanced diet
- Raise the levels of concentration within the class by way of consumption of healthy food
- Encourage pupils to be 'Green' by disposing of their litter and food in the correct bins in school and by also taking home their lunch bag and any lunch that is left over
- Continue promoting our Active Flag through sport and activities so the children can 'see the benefit' of eating healthy food
- Support parents as they endeavour to provide their child with a healthy lunch and perhaps break old habits

### Provision of Food to Pupils;

Our school is currently in a position to provide each child in the school with a personally selected lunch from Carambola. [www.carambola.ie](http://www.carambola.ie)

Each child's parent / guardian can place a week's order of lunches with Carambola. The order must be placed by midnight on Friday for the following week.

Carambola provide a wide variety of 'healthy lunch choices'. The website also enables parents /guardians to highlight allergies /religious preferences so the lunch is 'tailor made' to suit the child. Wheat and gluten free options are available.

### *Sample of what is available on Carambola Menu*

<i>White bread</i>	<i>Ham and/or Cheese</i>	<i>Rice Cake</i>	
<i>Soda bread</i>	<i>Chicken</i>	<i>Energy balls</i>	<i>Apple</i>
<i>White roll</i>	<i>Chicken Tikka</i>	<i>Frube</i>	<i>Carrot</i>
<i>Wheaten bread</i>	<i>Halal chicken</i>	<i>Cheerios pot</i>	<i>Banana</i>
<i>Wheaten roll</i>	<i>Cheese</i>	<i>Chocolate rice cake</i>	<i>Tomatoes</i>
<i>Crackers</i>	<i>Tuna and sweetcorn</i>	<i>Scone</i>	<i>Orange</i>
<i>Soft bap</i>	<i>Turkey</i>		
<i>Wrap</i>	<i>Variety of pasta</i>		

\*Children who are not availing of Carambola lunches are asked to bring ‘similar healthy lunches’ to school.

\*Parents / Guardians are requested not to drop by the school to deliver chicken fillet rolls / deli purchased food / etc to their child during the school day.

\*Parents / Guardians are requested not to ask the secretary or any member of staff to deliver chicken fillet rolls / deli purchased food / etc to their child during the school day.

\*It is unfair to expect one child to eat a standard homemade lunch / Carambola lunch whilst his / her neighbor tucks into a hot chicken fillet roll.

Parents / Guardians who deliver food will be reminded by the principal / HSCL teacher / class teacher of our Healthy Eating Policy and will be asked to refrain from delivering food during the day.

<i><b>Foods + Drinks We Encourage</b></i>	<i><b>Foods + Drinks We Discourage</b></i>	<i><b>Non-permitted Foods + Drinks</b></i>
Fruit Vegetables Yogurt Milk <b>Water</b> Homemade sandwiches/rolls/wraps Crackers Rice cakes Cheese	Biscuits Cakes / Buns Chocolate spread Chocolate covered cereal bars Jellies Popcorn (large bags) Sports’ drinks (high sugar content) Energy drinks (high sugar content)	Crisps Chewing Gum Fizzy Drinks eg cola, orange Chocolate bars Sticky chewy sweets Glass container (with food or drink)

**Food allergies / Safety of students who have food allergies:**

Some children in our school may have food allergies and if exposed to a particular food may become very ill. Eg: If you make peanut sandwiches for your child please be aware that a child at his/her desk may have a nut allergy.

Peanut allergy is the most common cause of food-induced anaphylaxis, a medical emergency that requires treatment with an epinephrine (adrenaline) injector (EpiPen, Auvi-Q, Twinject) and a trip to the emergency room.

*Parents / Guardians are asked to inform the school if their child has any medical condition which requires a special diet.*

*It is important that the school is reminded at the start of each school year so it can be noted on the child’s contact form, and also so the ‘new class teacher’ is aware of this.*

*It is the responsibility of parents / guardians to inform the principal and class teacher of their child’s special diet.*

**Promotion of our Health Eating Policy:**

\*Staff will promote the schools Healthy Eating policy through regular verbal reminders and by encouraging the children to choose healthy options for their lunch / snack time.

\*We will strive to encourage the children to be active on yard and also active when outside of school hours. We will encourage the children to share their activity success with each other, their year group and the school.

\*If a child brings in *discouraged / non-permitted food* to school they will be allowed to consume the food (as otherwise s/he would 'go hungry') but will be asked not to bring it in again. The class teacher may speak to the child's parent / guardian at the classroom door, write a note in the child's journal, send a note home or ring the parent / guardian, depending on the age of the child.

\*If the child brings in **discouraged /non-permitted food** again, or the unhealthy foods persist, the principal will be asked to speak with the parent / guardian and remind them of our Healthy Eating Policy.

The child's parents / guardians will be asked to make themselves familiar with the school's Healthy Eating Policy.

The child's parents / guardians can then make an informed decision.

***It is impossible 'to police' a Healthy Eating Policy in our school. We depend on the good will of parents, pupils and staff to implement it.***

<b>Exceptions to the Healthy Eating Policy</b>
End of term parties School trips Special occasions at the discretion of the principal / HSCL teacher / class teacher

Our Healthy Eating Policy will be reviewed regularly.

Date: \_\_\_\_\_

\_\_\_\_\_  
A. Hogan, Chairperson

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A. Plunkett, Principal