



Harold Boys' National School  
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Principal: *Pauline Lennon*

## **HEALTHY EATING POLICY**

### **INTRODUCTION**

This policy was drawn up in consultation with pupils, teachers and parents of Harold Boys' National School, Dalkey, Co. Dublin. It was written in 2005 and was revised in 2017 and 2023.

The purpose of this policy is :-

1. The primary school setting provides an excellent health promotion arena for reaching large sections of the population – children, teachers, families and the surrounding community in an effective and efficient way.
2. Schools through the SPHE, provide opportunities to promote lifelong healthy eating as well as encouraging physical activity. SPHE aims to create a healthy ethos within the school and improve children's self esteem and well being.
3. Teachers play a valuable role in communicating and supporting the healthy eating message, especially through the adoption of a whole school approach to healthy eating. Within a health promoting school consistent messages about healthy eating are communicated through all aspects of school life – the classroom, the curriculum, school breaks, school lunches and physical activity.

### **THE AIMS OF THESE GUIDELINES ARE:**

To promote nutrition awareness and positively affect healthy eating among the pupils in Harold Boys' N.S., Dalkey

### **THE OBJECTIVES OF THESE GUIDELINES ARE:**

- To provide consistent and up to date information in relation to healthy eating for children.
- To provide a resource for the development of a School Food Policy.

### **HEALTHY LUNCH**

Children need a wide variety of foods to help them grow, learn and play. A healthy lunchbox is an important part of the school day. A healthy lunch includes a piece of food from the four main food groups; carbohydrates, protein, fat and fibre. Please do not include nuts or food containing nuts as some children may have an allergy to nuts. For this reason also, the pupils are asked not to share lunches.

### **STEPS TO A HEALTHY LUNCH BOX**

- Encourage wholemeal or wholegrain varieties of breads, rolls, scones and crackers. Home baked is preferable.
- Use butter sparingly.
- Include salad vegetables in sandwiches and salad boxes, e.g. lettuce, tomato, cucumber, carrot and use vegetable sticks
- Include at least one piece of fruit at lunch e.g. apple, orange, banana
- Encourage raw vegetables with every lunch
- Ensure that meat, chicken, fish, egg or cheese is included as part of lunch
- Include a drink of water at lunch

### **HEALTHY LUNCH BOX – PUTTING IDEAS INTO PRACTICE**

- Wholemeal bread or home baked wholegrain bread with cheese slice and tomato + 1 banana
- Pitta bread with cooked ham, mayonnaise, lettuce and cucumber + orange segments
- Burger bun with chicken, relish, lettuce and grated carrot + dried fruit + yoghurt
- Toasted wholemeal bread with cooked beef, tomato and cucumber + small apple
- Cooked pasta with tuna, lettuce, tomato and carrot + 2 mandarins + yoghurt
- Salad box with cooked rice, lettuce, tomato, cheese cubes, celery sticks, carrot sticks + dried fruit
- Wholegrain roll with mashed hard boiled egg, lettuce and cucumber + handful of grapes
- Wholemeal bap with lean grilled bacon, tomato and sweetcorn + peach
- Crackers with cheese slices, sliced peppers, grated carrot + apple and orange segments
- Cooked rice with cooked peas, carrot and chicken pieces + dried fruit
- Hummus sandwich + banana

### **FIRST BREAK IS FRUIT BREAK**

#### **HEALTHY SNACKS**

These should be encouraged

BREAD, CEREAL & POTATOES	WHOLEGRAIN OR HOME BAKED BREAD,,ROLLS,CRACKERS, CRISPBREADS, BAGELS.
FRUIT & VEGETABLES	BANANA, APPLE, ORANGE, PEACH, SATSUMAS, PLUM, GRAPES, KIWI, PEAR, MELON, PINEAPPLE, MANGO, RAW CARROT STICKS, RAW CELERY STICKS, DRIED FRUIT
MILK, CHEESE, YOGHURT	YOGHURT, CHEESE SLICE, CUBES OR SPREAD
MEAT, FISH AND ALTERNATIVES	SLICE OF COOKED MEAT, SMALL CHICKEN SANDWICH, SMALL EGG SANDWICH, HUMMUS

#### **DRINKS**

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made of

water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak.

Sufficient still, unflavoured water should be brought to school daily. Energy, Fizzy and flavoured drinks are not permitted.

### **TREATS**

On Friday a small treat e.g. 1 small chocolate bar (without nuts) is allowed, but none of the following:

- Sweets
- Crisps
- Chewing gum
- Lollipops
- Energy, Fizzy or flavoured drinks
- Nuts or chocolate containing nuts

## **HAROLD BOYS' NS IS A NUT FREE SCHOOL**

**Please see appendix 1 attached**

### **FOOD HYGEINE**

Pupils should be reminded to wash their hands before eating. Food surfaces at home should be cleaned for food preparation.

INFORMATION on healthy eating is made available to pupils, parents and staff. This policy is implemented within the context and methodology of Social, Personal and Health Education, thus encouraging a whole school approach in planning, implementation and support of a healthy lunch policy initiative.

### **IMPLEMENTATION DATE**

This policy will apply from June 1<sup>st</sup> 2005.

### **RATIFICATION**

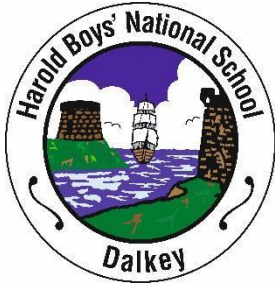
This policy was ratified on March 15th 2023

Signed

*Frank Mc Coeey* (Chairperson BOM)

*Pauline Lennon* (Principal)

## APPENDIX 1



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## Nut Allergy

Dear Parents and guardians

A number of pupils in our school have a severe allergic reaction to peanuts/nuts. This allergic reaction (anaphylactic shock) can occur through ingestion of peanut/nut products, cross contamination and breathing peanuts in the air.

Since this condition can be life threatening, we are asking for your help in minimising the risk to these children by:

- a) Avoiding giving children peanuts in school lunches
- b) Avoiding giving peanut butter sandwiches, other spreads containing nuts such as Nutella and snacks/bars containing nuts or labelled "may contain nut traces" in school lunches
- c) Asking children **not** to share their lunches.
- d) Warning children that treats purchased before or after school may contain nut traces that could be harmful to other children.

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of allergic reaction to these children.

We thank you for your co-operation.

Pauline Lennon

Principal.