



## Corpus Christi Primary School

### Healthy Eating Policy

Corpus Christi Primary School believes that good health and good food helps to safeguard children's well being throughout their lives. It is important that children develop healthy eating habits from a young age, for both the pleasure of having a wide variety in their diets and gaining knowledge about the importance of good nutrition. Meal times are treated as an opportunity for social interactions, developing appropriate eating habits, as well as laying the foundations for making healthy choices.

As part of the Social, Personal and Health Education Programme (SPHE), we encourage children in Corpus Christi Primary School, to become aware of the need to eat healthy food. What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance.

The healthy eating policy aims to:

- Promote healthy eating habits in Corpus Christi Primary School and make the "healthier choices the easier choice".
- Promote the personal development and well being of the child.
- Promote the health of the child and provide a foundation for healthy living in all of its aspects.
- To promote nutritional awareness – looking at the ingredients in food.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To raise levels of concentration and energy within the class, through the consumption of healthy food.
- To enable the child to accept some personal responsibility, for making wise food choices and adopting a healthy balanced diet.

Lunch is an important meal for school going children. It should provide one third of their daily allowance of nutrients and dietary fibre, without being high in fat, sugar or salt. In Corpus Christi Primary School, the children are provided with a lunch each day. Carambola Kidz delivers healthy school lunches in individually labelled and sealed lunch bags. This is available free of charge to all children. Parents also have the option of not availing of the free lunch scheme and instead providing a lunch for their children. The lunch provided by parents, should be a healthy lunch. A healthy lunch should include some of the following: bread, crackers, fruit, vegetables, cheese, yogurt, meat. Milk is provided in the school. Crisps, sweets, biscuits, lollipops, chocolate bars, cereal bars, chewing gum, sports drinks and fizzy drinks are not allowed.

On a treat day, or on a specific occasion, or event such as end of term parties, Halloween, Child's birthday etc, teachers may give treats. Some parents bring in a cake on a child's birthday, with prior permission from the class teacher. Children can have some cake at break time. We encourage parents to bring a cake only.

If children bring food or drink that is not allowed in school, they will be asked to put it away and take it home. If a child persists in bringing unhealthy food to school, the class teacher and/or the Principal will meet with the parents/guardians, to remind them of the Healthy Eating Policy.

### Roles and Responsibility:

- The Principal is responsible for providing healthy lunches for the children, who avail of the free lunch scheme.
- Parents/guardians who do not avail of the free lunches, have a responsibility to provide lunches, which do not include any of the prohibited foods and include a variety of healthy food.
- Children have a responsibility to eat their own lunch and not to share or trade food or drink with others.
- Teachers have a responsibility to provide a good example, through their own healthy eating habits.
- The whole school community - staff, parents/guardians, children will work together to promote the progress of this policy.
- All are encouraged to discuss and provide feedback on the effectiveness of the policy, which will be reported back as appropriate to the Principal and staff.
- The overall performance of the policy will be regularly monitored and evaluated by the BOM.