

Corpus Christi Girls' National School Healthy Eating Policy



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Healthy Eating Policy



Aims

- To promote awareness of nutrition
- To positively effect healthy eating among children
- To raise the levels of concentration of the pupils through eating healthy food
- To protect the health of children with serious health allergies
- To provide children/ staff/parents and those involved in school activities with clear information

Healthy Lunch

A healthy lunch is one which helps to maintain good health in the children and improve their concentration. It should include a variety of food from the food pyramid. A list of suitable foods for lunch is included in this policy.

- Carbohydrate: bread and cereals
- Fruit/Vegetables: fruit/fruit juices/smoothies or vegetables
- Protein: meat chicken or fish
- Dairy: milk, cheese, yoghurt

Drinks

Milk is available in school. It is delivered daily and is refrigerated. Details of the milk scheme are circulated to parents every September. **This is not available during the COVID-19 pandemic.** The children may also bring water or certain fruit juices (please check labels as some are very unhealthy; avoid those that have added sugar and choose those that are 100% fruit or pure fruit juice) if they prefer. Children are allowed to have a bottle of water in the class. We encourage the use of reusable bottles as much as possible. They are not allowed to drink juice during class time.

Ideas for Healthy Lunches

The following guide is designed to help you provide quick, appetizing and nutritious lunches for your children.

Bread and Alternatives

Bread or rolls, preferably wholemeal

Rice

Pasta

Potato salad Scones

Bread sticks

Crackers

Pitta bread

Rice cakes

Protein

Lean meat

Chicken / Turkey (off the bone)

Tinned fish e.g. tuna, sardines

Cheese

All Fruit and Vegetables

Apples, banana, peach

Mandarins, orange segments

Fruit salad, dried fruit

Pineapple cubes

Grapes

Cucumber, sweetcorn

Tomato

Coleslaw

Drinks

Water

Milk

Fruit juices (see above)

Squashes with low sugar content

Yoghurt drinks

Useful website for ideas on healthy lunches:

www.healthpromotion.ie www.foodoppi.com

Foods not allowed in School

We understand that children will often ask for treats. In order to support parents / guardians the following items are not allowed and should not be brought to school:

- chewing gum
- fizzy drinks
- lollipops
- crisps and popcorn

Exceptions

Rules may be relaxed for special occasions (e.g. class parties). Children are allowed to bring in one small treat on **Fridays**, for example a **small** chocolate bar, biscuit, muffin, bun, cake...etc.

Please remember that all lunchbox leftovers and packaging are to be put back in the child's lunchbox and brought home. All milk cartons are also to be brought home.

Food Allergies

Due to a number of children with food allergies and/or medical conditions, children are not allowed to share lunches. Children should not share drink containers to reduce the risk of infection.

Please Note: If a child has a food allergy the school must be notified in writing. A list of possible implications and a list of prohibited foods must be provided. Should medical attention be necessary, a full plan will be put in place for that child a letter of indemnity from the parents is required by the BOM. If a child has a severe food allergy, it may on occasion be necessary to place a restriction on a particular class with regard to the types of food allowed. In these cases, the parents in this class will be informed in writing. Any changes will also be notified in writing.

Implementation

This policy was revised in consultation with the parent body, Board of Management and staff. It was first implemented in 2014; it has been reviewed in 2020. It will be revised again in 2024.

Niamh Greene
Principal

Aidan Savage
Chairperson of the Board of Management