



San Carlo Senior School | Leixlip | Co Kildare W23 FK06  
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Roll No: 19875V | Principal: Clare Mac Hugh | Deputy Principal: Niall Sherlock

### **Scoil San Carlo Senior National School Healthy Eating Policy**

#### **Introduction**

This policy was drafted by the Healthy Eating Policy Review Committee which consisted of members of the teaching staff, parents, the Student Council and the wider student body. This review of the previous Healthy Eating Policy took place to take account of some general feedback and suggestions from staff and parents. The re-drafted policy was made available to parents and school staff for further consultation before being ratified by the Board of Management on 30/5/2022.

#### **Rationale**

As part of the Social, Personal and Health Education (SPHE) Programme at San Carlo Senior NS, we encourage the children to become more aware of the importance of a balanced diet and the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. A low salt intake reduces the risk of heart disease in later life. A low sugar intake protects teeth and reduces the risk of health problems. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity).

In San Carlo SNS we feel it is of vital importance to guide the children in our school to develop healthy eating habits for life. In reviewing our healthy eating policy, we aim to promote and develop these healthy eating habits and encourage our pupils to make healthy choices in their everyday lives.

#### **Aims and Objectives**

1. To support and encourage healthy eating habits in children, which we hope will become lifelong.
2. To help the children understand the link between a healthy diet and a healthy, active lifestyle
3. To enable pupils to accept some personal responsibility for making wise food choices

and adopting a healthy, balanced diet

4. To support parents/carers and children in making healthy and enjoyable decisions around food by providing nutritional information and advice.

5. To support the school's environmental best practice e.g. promoting the use of re-usable containers, compostable materials and minimising wrappers.

6. To help improve children's concentration, learning and energy levels.

7. To encourage children to experience a wide variety of foods

8 To improve oral/ dental health of the children in our care through promotion of responsible eating and drinking habits.

### Guidelines and Recommendations

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. **However, we cannot stress enough the importance of the children getting a good breakfast each morning before they come to school.**

Children and their parents should be aware of the sugar content in foods/drinks. Parents and children should read food labels themselves and be aware of the recommended daily intake values. These values are guidelines and actual values will vary depending on the age of the child, activity level etc.

**Please be advised that San Carlo Senior School is a "Nut Product Free Zone" due to allergies in the school population.**

We ask parents to encourage eating a healthy lunch right from the start with your children. The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children. The list is not exhaustive.

<b>Bread and Alternatives</b>	<b>Savouries/ Savoury Fillings</b>
Bread or rolls, preferably wholemeal or wholegrain Rice Pasta Potato salad Wholemeal scones Bagels Pitta Bread/Baps Wraps	Lean Meat Chicken/ Turkey Cheese Tinned Fish e.g. tuna/sardines Quiche
<b>Fruit and Vegetables</b>	<b>Drinks</b>
Apple, banana, peach. Mandarin, orange segments etc. Blueberries Fruit Salad Dried Fruit, Plum, Pineapple Pieces, Grapes, Cucumber, Sweet Corn, Tomato, Carrot Sticks	Water or Milk are the most tooth friendly drinks Dilutable Squashes (No added Sugar) Smoothies( 100% fruit juice)

### **A word about Dairy**

Primary school children aged up to 8 years should choose any three servings each day from the dairy shelf of the food pyramid. Children aged 9-18 years need five servings a day.

Depending on the age of the child, 1 serving is for example:

1 large glass (200ml) low fat or low fat fortified milk

1 small carton yogurt (125ml)

1 small carton fromage frais

25g/1oz (matchbox size piece) of low fat cheddar

1 portion of milk pudding made with a large glass low fat milk

This ensures that they get enough calcium, which is essential for healthy bones and teeth. If your child does not drink milk at lunch, encourage him/ her to have a carton of healthy yoghurt or a small helping of cheese instead. Milk is a rich source of protein, calcium, vitamins and minerals.

### **We ask that the following are NOT brought to school:**

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Sugary drinks (including fizzy fruit-flavoured water, fruit juices etc) **Energy drinks are strictly forbidden.**
- Nut products including Nutella
- Sweets
- Biscuits/bars Chocolate or otherwise
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn
- Lollipops

\*N.B\* An exception to the above may be made in exceptional circumstances such as individual dietary requirements, medical reasons etc. Exceptions will only be made through parent/teacher consultation. Medical confirmation may be requested where deemed necessary.

**If such foods are brought to school, children will be asked to bring them home in their lunchboxes**

A very simple approach to healthy eating is to use the Food Pyramid shown below. A more detailed example of the food pyramid can be found at [www.healthylireland.ie](http://www.healthylireland.ie)



### **Special Treats**

On specific days during the school year such as end of term parties, school trips etc. the children will be permitted to bring in treat foods. From time to time teachers may give the children special treats as a reward or as part of a fun day/activity.

## 1. Roles and Responsibilities:

### Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or sweets to school except on treat day.

### Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Eating Policy
- Not to bring junk food items mentioned on the banned list above to school except on treat days.

### Role of School Staff

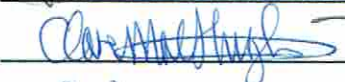
- To oversee the day to day implementation of the Healthy Eating Policy in the school.
- To promote and encourage healthy eating in the school.
- To educate children by teaching the appropriate content from the curriculum.

### Responsibility for review:

The Healthy Eating Policy will be reviewed every 2 years.

The reviewed policy will be published on the school website ([www.scoilsancarlo.ie](http://www.scoilsancarlo.ie))

Signed:  (Chairperson)

Signed:  (Principal)

Date: 30/5/22