

Holy Angels National School

Clogher,
Claremorris,
Co. Mayo.
F12RC95



T: 094-9360316
E: principal@holyangelsns.ie
Web: www.holyangelsns.ie
Roll: 17482P

HEALTHY EATING POLICY

This policy has been formulated by Clogher N.S. to assist teachers, pupils, and parents in developing a school environment and a school culture that is conducive to promoting healthy eating choices. This policy has been developed in line with HSE and nutritionist guidance on healthy eating in schools.

RATIONALE

As part of the Social, Personal and Health Education (SPHE) programme at Clogher N.S. we encourage children to become more aware of how our food choices can affect our overall feelings of health and wellbeing. The practical application of what is taught and learned in this area is achieved through the implementation of our Healthy Eating Policy. This forms part of our Wellbeing Promotion Process.

This policy was developed in consultation with parents/guardians, staff, pupils, and the school Board of Management. The following documents were consulted in drafting this policy: Healthy Eating Policy Toolkit for Primary Schools (HSE); Wellbeing Policy Statement and Framework for Practice (2019); Healthy Lifestyle Circular 12/2016; Circular 42/2016.

AIMS

The aims of this policy are:

- To take a whole-school approach to healthy and balanced eating in school, in relation to: The Culture and Environment, Curriculum (Teaching and Learning), Policy and Planning, Relationships and Partnerships.
- To promote a school culture that encourages balanced eating habits and nutrition awareness among the children in the school, which it is hoped will become lifelong habits.
- To ensure that food provision in our school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.

CURRICULUM

Children learn about food, making balanced choices and how our bodies are impacted by our choices through the SPHE and Science curriculum. Active living and the benefits of exercise are promoted through the Physical Education (PE) curriculum.

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In line with the SPHE curriculum, children will learn about the Food Pyramid and balanced food choices in class. Individual differences in relation to food choices will be acknowledged, for example, choices influenced by allergies or intolerances, religion, family culture or personal preferences. Children will develop an awareness that what might be healthy for one person, may not be healthy for another person. An inclusive school culture which is respectful of differences will be promoted.

Staff will be encouraged to be mindful of the language that they use in relation to food and will avoid demonising any particular foods. Children will learn about making balanced choices and about listening to our own bodies' cues in terms of what foods we need at a particular time, or how much food we need to feel full. This may change from person to person, or from day to day.

RESOURCES:

Useful resources for each class level may include:

Junior/Senior Infants

- When Sally Met Sammy – storybook from Safefood
- 'Clean hands' song activity to promote handwashing – from Safefood
- Moo Crew activities on dairy foods – from National Dairy Council
- Mediawise: an online resource to develop children's media literacy skills – from Safefood
- Seedlings programme – from Bord Bia
- Mighty Mouth school programme – from Dental Health Foundation

Rang 1 & 2

- Tastebuds resource for 8-10 year olds – from Safefood
- Seedlings programme – from Bord Bia
- Moo Crew activities on dairy foods – from National Dairy Council
- Mediawise: an online resource to develop children's media literacy skills – from Safefood

Rang 3 & 4

- Tastebuds resource for 8-10 year olds – from Safefood
- Moo Crew activities on dairy foods – from National Dairy Council
- Mediawise: an online resource to develop children's media literacy skills – from Safefood

Rang 5 & 6

- Moo Crew activities on dairy foods – from National Dairy Council

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- Mediawise: an online resource to develop children's media literacy skills – from Safefood

The school has links with the Dental Health nurse and the HSE to provide education on healthy eating.

LUNCHTIMES

The children have two breaks during the school day during which they can eat their lunch and socialise with their friends.

1. Small Break – Fruit/Vegetable Break

The children are encouraged to bring some fruit or vegetables to eat during our first break. This may include a piece of whole fruit, a portion of berries, chopped fruit or raw vegetables (e.g. cucumber, tomatoes, carrot sticks). It is hoped that the children will be exposed to a variety of fruit and vegetables and other healthy foods being consumed around them and will act as positive role models for one another. Children are welcome to eat other healthy snacks as well as fruit/vegetables during this break.

2. Lón / Big Lunch

Following their yard time the children will have to have their hot meal in line with the school meals programme and the food standards set out under the same.

Children are encouraged to bring home all food that is not eaten during the school day in the containers provided to them at the start of the school year. It is important that parents check their child's lunch box to monitor what their child has eaten.

LUNCH / SNACK SUGGESTIONS

Children are provided with healthy snacks as part of our school meals programme and in line with our Healthy Eating Policy. Parents/guardians may wish to abstain from this programme or supplement their children's snack/lunch. We promote children being provided with a balanced lunch, which will be nourishing and will help to maintain their level of concentration in the classroom throughout the day.

Where possible, parents should include foods that their child can manage independently, being mindful of packaging and fruit peels. Children's lunch boxes should include a variety of foods from the bottom four shelves of the Food Pyramid. However, we understand children may have sensory requirements which mean they will only consume certain food items and parents/guardians should discuss these needs with your child's teacher.

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Suggestions for lunchboxes may include the following:

Fruit & Vegetables:

- Whole fruit, e.g. banana, apple, orange, pear
- Dried fruit
- Fruit salad
- Portion of berries / grapes
- Cucumber
- Tomatoes
- Carrot sticks

Dairy: ***Note: HSE recommends that growing children aged 5-9 year have 3+ servings of dairy each day and 5+ for children aged 9-18 years. This ensures they have enough calcium which is essential for healthy bones and teeth.*

- Milk
- Cheese
- Yogurt
- Cereals & Breads:
- Sandwiches, rolls, wraps, pittas, bagels
- Scones
- Crackers, rice cakes or oat cakes
- Portion of pasta, spaghetti, couscous or rice
- Protein:
- Slices or cubes of meat
- Fish, e.g. tuna
- Eggs, e.g. hard-boiled, quiche
- Beans, e.g. hummus, toasted chickpeas

DRINKS

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made up of water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak. Recent studies have shown that children who are dehydrated are less able to concentrate properly. Therefore, we would recommend that every child bring a drink of water each day.. Children can refill their water bottles when required at the water stations located in each of our classrooms. **Fizzy carbonated drinks are not permitted under any circumstances.**

FOODS FROM THE TOP-SHELF OF THE FOOD PYRAMID

It is not recommended to eat foods from the top shelf of the food pyramid regularly. However, we know that it is important for children to learn that it is OK

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to eat small portions of these foods now and then as part of a balanced diet. It is recommended that small or fun-size servings should not be consumed more than once or twice per week. Therefore, we do have days where these foods are allowed at school eg Bake Sales etc.

We feel that it is better for parents/guardians to reserve the times for the consumption of top-shelf foods and treats when it best suits them at home. Therefore we ask that treats are not sent to school in children's lunchboxes. On Fridays as part of our school lunch programme our lunch provider does provide a small top shelf treat as part of the snack option and this is deemed sufficient.

PROHIBITED FOODS

The following foods are not allowed in school at any time:

- **NUT BAN** – We have a strict nut ban in our school due to the risk of anaphylaxis. This is a life-threatening medical emergency. Foods containing nuts are not permitted in the school grounds. This includes peanut butter, chocolate spread that contains nuts, or nut milk.
- **Chewing gum**
- **Fizzy drinks**

There may be particular cases where there are additional severe food allergies in your child's class and other foods may be prohibited in that class. If this is the case, you will be contacted by your child's class teacher.

If children bring prohibited food or drink to school, they will be asked by the class teacher to bring it home. If children persist in bringing prohibited food or drinks to school on a regular basis, the class teacher may contact their parents/guardians to remind them of the Healthy Eating Policy.

HEALTH & SAFETY WITH FOOD ALLERGIES AND INTOLERANCES

Information about pupils' food allergies and intolerances is updated each September by class teachers.

If your child has a serious food allergy which may necessitate the use of an epipen in school, you must notify the school and fill in the relevant documentation as per the **Administration of Medication Policy**.

FOOD SHARING

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As some children may have a serious intolerance to particular foods (e.g. dairy, gluten products, certain fruits), please talk to your child about the danger of sharing foods with classmates.

In order to promote the health and safety of all children in the school, to protect children with food allergies, as well as to prevent the spread of infection, the following guidelines will apply:

- Children are discouraged from sharing food, drinks, utensils or drinks containers with one another.
- Children will be encouraged to only eat food that has been provided by their own parents in their lunchbox, unless parent consent is provided.
- Children will be encouraged to eat their lunch at their own desk, where possible.

BIRTHDAYS

In Clogher N.S. we discourage the provision of party bags, cakes or sweets on birthdays. Handing these out would take up a lot of teaching and learning time throughout the year and can put pressure on other parents to supply sweets and treats on their child's birthday.

COOKING OR BAKING ACTIVITIES

If children are participating in a cooking or baking lesson in school, their teacher will be mindful of dietary and medical needs (e.g. diabetes, coeliac disease, allergies) and dietary preferences (e.g. vegetarian, vegan, halal). Teachers will provide alternatives for children where possible. Teachers will seek parental guidance and consent in advance of the baking activity to allow parents/teachers time to source alternative ingredients.

SCHOOL EVENTS AND CELEBRATIONS

Food often plays an important role in celebrations, festivals and parties in many different cultures. At times, food is shared as part of a whole-school event or celebration, for example, during Book Week or at bake sales. Foods containing allergens (e.g. gluten, dairy, sugar) should be labelled as such to allow members of the school community to make choices based on their own dietary needs or preferences.

If foods are being used as part of an end-of-term celebration or class party, parents will be informed in advance.

FOOD HYGIENE

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Children will be aware of the importance of food hygiene and safety when preparing and eating lunches. Handwashing facilities are available in every classroom and children will be encouraged to wash their hands before and after eating.

GREEN SCHOOLS & ENVIRONMENTAL

As a Green school, children will learn about themes such as 'Litter and Waste' and 'Food and Biodiversity'. The Green School Programme promotes respect for the natural environment and all its resources. In order to support this learning and to develop a culture of environmental consciousness, children are asked to:

- Take home all uneaten food and food packaging
- Use reusable lunch boxes and drinks containers, where possible.
- Choose airtight containers instead of single use plastic (including cling film) or tinfoil, where possible.

CULTURE & THE ENVIRONMENT

We try to promote a culture which promotes a healthy and balanced attitude towards food and food choices. Our Heptagon House has been a wonderful addition to our school environment. Through participation in the Education for Sustainable Development Programme children have been exposed to the necessity of healthy eating and sustainable food choices.

COMMUNICATION & RATIFICATION

This policy has been communicated to all staff. At the beginning of each school year, it is brought to the attention of new staff, and current staff are reminded of its content.

Incoming parents are informed of this policy at induction meetings. The policy will be shared on the school website www.holyangelsns.ie or is available in hard copy format from the office on request.

The BOM ratified this policy in October 2025.

IMPLEMENTATION & REVIEW

This policy will be reviewed every two years or as needed.

Signed: _____
Chairperson, BoM

Date: _____

Signed: _____
Principal/ Secretary, BOM

Date: _____

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USEFUL LINKS & INFORMATION

The Health Promotion Unit provides information on food and nutrition for children that is available to download at www.healthpromotion.ie

The Irish Nutrition and Dietetic Institute has a vast amount of information on nutrition and diet and have suggestions on what to include in school lunchboxes: www.indi.ie

Educational and parents resources for dental health: <https://www.dentalhealth.ie/resources/educational/>

Healthy Food for Life – the Healthy Eating Guidelines and Food Pyramid from the Department of Health: <https://www.gov.ie/en/campaigns/healthy-ireland/?referrer=/health-initiatives/heg>

Resource pack for teachers and parents to support in Managing Chronic Health Conditions in Schools

Resources and tips for parents on how to create a healthy lifestyle: <https://www.safefood.net/start>

The Food Pyramid

