



St. Oliver's N.S. Healthy Eating Policy 2022



Principal – Catherine Tiernan Bell: Vice Principal Yvette Kellett : Roll No: 20349H

Vision Statement

In light of recent publicity regarding obesity, especially in Irish children, due to unhealthy eating habits and lifestyle, we, as a school community will endeavour to promote healthy eating habits, which combined with an improved lifestyle would benefit the child both physically and mentally.

Introductory Statement

Recent statistics have shown that Irish children and teenagers scored second worst for obesity in a European league table and to remedy this we have decided to put in place the following healthy eating policy.

Aims of Policy

1. To create an awareness of healthy eating choices.
2. To enhance the existing S.P.H.E. programme.
3. To encourage and promote the benefits of a well balanced diet.
4. To make pupils and parents aware of the benefits of healthy eating.
5. To put in place procedures to promote and monitor good practice among the children of our school.

Implementation of Aims

1. Through the use of the S.P.H.E> programme to create an awareness of healthy eating choices.
2. By availing of services and resources supplied by outside agencies e.g. Mid Western Health Board.
3. To involve educational partners i.e. National Parents Council Board of Management, staff in creating an awareness of and implementation of the schools Healthy Eating Policy.
4. On enrolment of pupils, parents will receive suggestions and guidelines for a healthy lunch in the form of information leaflets together with a copy of the schools Healthy Eating Policy.
5. To promote morning break as a healthy eating fruit break.
6. We would envisage that healthy eating choices would be reflected in the contents of the children's lunch boxes i.e. (leaflet supplied).

The following items are excluded from the school at all times

- Crisps, chewing gum, sweets, bars, buns, nutella, peanut butter and nuts.
- Bars, sweet bars, chocolate bars, sweet biscuits and confectionary.
- Given the current high intake of fats in children's diets, fast foods e.g. breakfast rolls, chips, burgers, curry chips, battered sausages, wedges, pizza slices, chicken nuggets, fried chicken and hot dogs are not allowed. Drinks are not allowed such as fizzy drinks and Capri sun as the cartons cannot be recycled.
- Cereal Bars, and Chocolate Spread are also not permitted.

Children will continue to be encouraged to dispose of fruit skins and rubbish in litter bins which are placed around the school, thus encouraging a sense of pride in their surroundings.

- All uneaten items of food should be taken home. All rubbish should be taken home in line with Our Green Schools guidelines.
- All classes will cover a certain number of healthy eating lessons during each school year and children will be encouraged to participate in such events as National Healthy Eating Week.
- Information leaflets on healthy eating living will also be sent home.

Suggestions for Healthy Eating/Points of Interest

There has been growing concern in recent times over the general health and well being of adults and children alike. In recent years there has been considerable increase in the rate of obesity in children in Ireland. Low levels of physical activity and the consumption of junk food (e.g. fast foods and sugary foods) according to the health experts, are the main factors contributing to the worrying trend regarding our children's health.

It is with the above in mind that we, the staff of St. Oliver's N.S. aim to promote and encourage positive and responsible attitudes to eating and to appreciate the contribution that good food makes to our health.

Fruity Fridays with prizes given to children for making efforts to eat fruit will commence.

These guidelines will support the healthy eating programme being taught in classrooms.

A healthy lunchbox should include a piece of food from the first four shelves of the food pyramid.

Shelf 1.	Bread, cereal and potato group.
Shelf 2.	Fruit & vegetables group.
Shelf 3.	Meat, fish and poultry
Shelf 4.	Dairy products.

For a healthy lunch we would recommend the following examples:

Bread(White or brown), Pitta Bread, Bread rolls, crackers, nutrigrain bars. Fruit and Vegetables are also encouraged as part of our Food Dudes scheme.

Suggested fillings e.g. Ham, chicken , lettuce, turkey, salad, cheese, coleslaw, egg mayonaise, potato salad, tuna, salmon, sweetcorn, tomato, onion etc. Fruit of all kinds.

Snacks e.g. Rice cakes, raisins, cheese, cheese strings, dried fruit, yogurts such as Actimels, Yops, Petit Filous and Frubes.

Drinks e.g. Milk, fruit juice, water or water with diluted cordial

This policy was presented and ratified by the Board of Management on the 14th February 2022

This policy will be presented in booklet form each September to parents of the new Junior Infants.

Signed: Mairead Latimer

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Chairperson B.O.M.