



# St Francis National School

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## HEALTHY EATING POLICY

### Rationale

Through these guidelines St. Francis NS aims to help all those involved in our school community - children, staff and parents - in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

### Benefits to our school:

Children forming healthy habits feeds directly into their physical and academic development as well as their overall sense of well-being. Concentration, stamina, and general behaviour in children are notably improved. The school benefits from having litter free learning and play-areas and reduced refuse charges as healthy food has less packaging and the children take home their wrappers.

### Healthy Eating Guidelines:

- A healthy lunchbox includes a helping of food from the bottom four shelves of the food pyramid. (diagram attached)
- Some of the healthy snacks that we encourage for the small break include fruit, standard yoghurt, crackers, cheese, etc. Chewy/sticky/cereal bars and sweets are not allowed at any time being high in sugar.
- Healthier choices of drinks include milk and water (we encourage the use of refillable bottles). Pure unsweetened juices may be included but only as part of their lunch meal, to reduce the risk of tooth decay. Other drinks such as sweetened fruit juices, fruit drinks, squashes, fizzy drinks (including diet drinks and sparkling water) to be avoided due to their sugar and acid content, as these are also harmful to teeth.
- Cans, glasses, chewing gum, popcorn, peanuts, nuts, chocolate, buns, cakes, nutella, chocolate yoghurts/croissants/pain au chocolat, sweet

scones, biscuits, flavoured milks, Frubes, Yops, sausage rolls, breakfast rolls, pastries and crisps are not permitted for safety and litter reasons. Wrappers are to be kept to a minimum and taken home in a child's lunch-box to protect our school environment, keep parents in touch with what their child eats and to encourage responsibility for the disposal of their own litter.

### **Implementation**

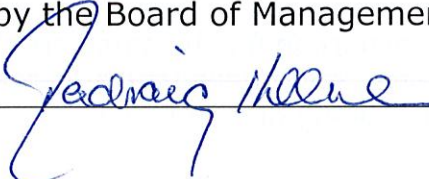
- Nutrition and healthy eating will be included as part of the primary school curriculum.(SPHE & PE)
- Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating.
- 'Healthy Eating Awareness Days' may be held during the year by the Parents Association as an incentive to encourage healthy eating at school and at home.
- This policy is available to parents via our school website and in hard copy when requested. An overview of our Healthy Eating Policy is also included in our Parent Information Handbook.
- The implementation of the school's 'Healthy Eating Policy' will be monitored on a regular basis.

**Next review June 2023**

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## **HEALTHY EATING POLICY**

Ratified by the Board of Management on 16-6-2020  
(Date)

Signed:  29-9-2020  
(Chairperson, Board of Management)

# The Food Pyramid

For adults, teenagers and children aged five and over

