



## **HEALTHY EATING POLICY 2024/2025**

### **Introductory Statement:**

This policy was formulated by Woodstock ETNS in consultation with the school stakeholders.

This policy is linked to:

SPHE - Taking Care of My Body, Food and Nutrition and Making Choices

Science - Myself, Human Life Processes.

Learn Together- Moral obligations/ belief systems

### **Why have healthy lunches?**

Healthy lunches:-

- Help children concentrate and improve learning.
- Improve overall health and wellbeing
- Maintain teeth health
- Promote a balanced diet
- Less litter
- Can be less expensive than lunches with lots of pre-packed/processed food

### **Guidelines:**

A healthy lunch may include a piece of food from each of the first bottom four shelves of the food pyramid. Healthier choices of drink are water, milk and unsweetened fruit juices.

To help encourage a healthy lifestyle whilst improving our pupils overall physical & mental health, treats such as (fizzy drinks , crisps, chewing gum, chocolate, sweets) are not

permitted at school.

Our little fruit/vegetable break (sos) is a time in which children are encouraged to eat healthy food options.

Our main lunch break (lón) is where children are provided with a hot meal from our provider [Fresh today](#). Parents select the meal for their children each day. Parents can choose to opt out of this and provide their child with lunch that they have prepared themselves. Fresh today has provided the school with details of their meals which we share with parents. However, it is the parents who must decide what is best for their child. School meals packaging must be brought home and cannot be disposed of in school.

## **Water**

The children are encouraged to drink water throughout the day. Generally a large water bottle should be enough for one child for a school day but there is also drinking water available in 4 classrooms and the school kitchen.

## **Eating environment**

Each classroom will endeavor to create an appropriate eating environment during break times. The children will not watch screens while eating and all school materials will be removed from the eating area.

## **Exceptions:**

- When there are celebrations or events taking place in the school where sugary treats may be available parents will be notified beforehand. These events may include but are not limited to our cultural event in the final school term and other celebrations throughout the year. The school will ask parents and organisers of these events to make the school aware of what foods will be available beforehand so that we can communicate this with the parents and guardians in the school. Parents will then be given the option to opt out of any food that may be offered during these occasions.
- Cooking lessons linked to the curriculum will also take place in the school and parents/guardians will be made aware of this beforehand.
- Sugary treats and drinks will not be used as rewards in the school.

## **Roles and responsibilities:**

The policy will be encouraged by the teachers and feedback would be appreciated from staff, pupils and parents/guardians.

**Reviews:**

This policy will be reviewed on a regular basis by a sub-committee consisting of representatives from the Board of Management, teaching staff, pupils and Parents Association.

This policy was ratified on.....by the Board of Management.

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Chairperson of the Board of Management