

# Bayside SNS

## Healthy Eating Policy



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**School Name:** Bayside SNS

**Date of Commencement:** 22/08/2022

## **Introduction:**

This policy was formulated by the Staff, the Parents Association of Bayside Schools and by the Board of Management of Scoil Muire agus Iosef Sinsear, Bayside Senior National School. Here in Bayside Senior, we endeavour to make children aware of the need for healthy food in their diets.

It has been found that education and food are fundamental conditions for health. This is reinforced through the subjects Social, Personal and Health Education (SPHE) and Science.

## **Rationale:**

- The National Council for Curriculum and Assessment's (NCCA) highlights the importance of healthy eating. Here it is claimed that: children who take care for and respect themselves are more likely to treat their own bodies with dignity and be more particular about their lifestyle choices, both now and in the future (NCCA, SPHE,1999b, p. 11)<sup>1</sup>
- The study Growing Up in Ireland<sup>2</sup> survey was completed in 2012. It involved 8568 children in Ireland and was the largest study of its kind completed to date. The report claimed that in one in four Irish nine-year-olds (25%) are either overweight or obese.
- Research from the World Health Organisation (WHO) finds that schools are an ideal setting to promote health and healthy eating because:
  - Schools reach a high proportion of children, and indirectly reach their families
  - Schools provide opportunities to practise healthy eating and food safety

## **Relationship to School Ethos:**

Bayside Senior National School promotes healthy living through its staff, parents and pupils as a means towards providing the nurturing environment through which a child can develop and grow to full potential.

## **Aims/Objectives:**

- To promote the personal development and well-being of the child
- To enable the child to make informed decisions and choices about healthy eating both now and in the future
- To promote the health of the child and provide a foundation for healthy living in the future
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
- To positively affect healthy eating among children
- To enable the child to take personal responsibility for making wise food choices
- To raise the levels of concentration of the pupils through eating healthy food
- To protect the health of children with serious food allergies

## **Healthy Breakfasts**

Here in Bayside Senior National School, we promote a healthy breakfast routine for our pupils as follows:

a glass of fruit juice, wholemeal toast and a wholegrain cereal with whole milk for breakfast.

## **Healthy Lunches**

Each pupil in Bayside Senior National School is encouraged to bring in a healthy lunch every day.

Water is encouraged to be provided with pupils' lunches, fizzy or any sugary drinks are forbidden.

Lunches must be in line with our healthy eating policy as follows:

A healthy lunch is one that helps to maintain good health in children and improve their concentration. It should include a variety of food from the food pyramid. Here are some healthy snacks that we encourage:

- Fruit
- Raw vegetables (chopped up carrots, peppers, sweet corn, celery etc.)
- Salads (coleslaw, cucumber, tomatoes etc.)
- Hard boiled eggs
- Tinned Fish – Tuna
- Cheese
- Bread or rolls, preferably wholemeal
- Rice – wholegrain
- Pasta – whole grain
- Potato Salad
- Wholemeal Scones
- Bread sticks
- Crackers
- Pitta bread
- Lean Meat- Chicken and Turkey (preferably unprocessed, if at all possible)

## **Drinks**

Growing children should get approximately one pint of milk a day or its equivalent as cheese or other dairy produce. This amount of dairy ensures that the children get enough calcium which is essential for developing healthy bones and teeth.

The children should also be encouraged to drink water in school.

If a child does not like water or milk they may bring in fruit juice, but we urge parents to read the labels carefully as they may have added sugars and sweeteners.

Energy drinks, fruit drinks, flavoured waters and fizzy drinks of any kind are not permitted in school.

## **Foods Not Allowed in School**

Highly processed foods and convenient snacks can have large amounts of sugar, saturated fat, salt, additives and preservatives. Children will often ask for treats and sweets, in order to support parents, the following items are not allowed in school:

- Crisps
- Fried chicken fillet baguettes
- Pre-packaged popcorn
- Fizzy Drinks
- Fruit Winders
- Yoghurt Drinks
- Chocolate bars
- Chocolate biscuits
- Muffins and cakes
- Cereal bars
- Chewing Gum
- Lollipops
- Hard Boiled Sweets
- Jelly Sweets

In order to facilitate the full implementation of this healthy eating policy the staff in Bayside Senior National School agree to try to avoid giving sweets or lollipops as prizes or treats to our students, except in special circumstances.

Instead the staff will endeavour to give prizes such as stickers, certificates, pencils, rubbers etc. Teachers will also be encouraged to reward children who bring in healthy lunches verbally or otherwise.

## **Food Allergies**

Due to some of the children in our school having food allergies, children are not allowed to share their lunches or their drinks. If a child has a food allergy the school should be notified in writing and an allergy form must be filled in.

A list of possible implications and a list of prohibited foods must be provided along with a full plan of what would be required should a child need medical attention due to an allergic reaction.

A letter of indemnity from the parents is required by the Board of Management. This form will be kept in the child's file and teachers and staff will be notified of these allergies.

If a child has a severe food allergy, it may be necessary to place a restriction on a particular class with regard to the types of food allowed. In these cases parents in the class will be notified in writing.

## **Green Flag School**

We encourage pupils to bring their lunch to school in a lunch box which can be washed out and reused routinely. Small plastic recyclable water bottles with twistable lids are ideal for water. Glass bottles and cans are not allowed for safety reasons.

We are a green flag school and as such, children are asked to take all their uneaten food, their food wrappings and cartons home in their lunch boxes or lunch bags. This also gives parents an opportunity to see exactly what food their child has eaten that day.

In line with our school's Green Flag ethos, children are encouraged to put their fruit skins and fruit waste in the compost bins. This compost is used in our school vegetable patch during planting season.

## **Exceptions**

Rules may be relaxed for special occasions, such as class parties, special rewards days and school tours.

## Implementation

This policy will be encouraged by the whole school community including:

- The Staff
- The Student Council
- The Parent Body
- The Board of Management

## Ratification and Review

It will be reviewed at the end of every second school year and amended if necessary.

Date of Ratification: 22/8/22

Signed:   
Chairperson, Board of Management