

Griffith Barracks Multi Denominational School

Healthy Eating Policy

Aim:

To encourage the children to eat and enjoy healthy food.

This policy has been discussed with the Student Dáil, the staff and the parents in our school.

Position of breaks:

The children have two breaks during the school day-one before going to play in the yard at 10.30am and another before going to play in the yard at 12.30pm. The children are encouraged to eat a small quantity of their lunch, e.g. a piece of fruit or a small sandwich at the first break. Food is not permitted in the yard at any time.

Policy:

We have a healthy eating policy in the school:

- Parents/guardians are asked to provide their child with a healthy, balanced lunch which will ensure they have the energy and nutrition they need. Sandwiches, pasta, rice, fruit, vegetables, yoghurt, crackers, milk etc are all good options. Children should have water to drink throughout the day.
- We do not allow crisps, sweets, biscuits, cakes, chocolate or fizzy drinks.
- Chocolate in any form is prohibited.
- Healthy eating rules apply to home baking as well.
- Children may bring in small tubs of healthy popcorn.
- Should a child bring in foods that are not allowed under our policy, that food will be sent home with the child. Teachers will contact parents should this occur a second time.

Due to serious nut allergies within our community, nuts and nut butters are prohibited in school. Children are also asked not to share lunches.

Teachers may wish to give the children a treat occasionally, for example on the last day of term, and this is permitted.

The school provides milk, sandwiches, & fruit supplied by Dublin City Council, for those who require a lunch.

Children are encouraged to chat to one another and to sit and eat mindfully during eating times.

We do not use food as a reward, in order to avoid interfering with children's hunger and satiety (fullness) clues.

Classes will work toward growing salad leaves or vegetables to encourage enjoyment of healthy food.

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

Green school

We are a green school and we ask parents to be mindful of single use plastics. We encourage parents to use lunchboxes, wax wraps and reusable bottles. As part of our waste reduction policy we ask that the children take home all rubbish from their lunch. We have compost in school for banana skins, orange peels etc.

This policy will be reviewed every 3 years

Updated January 2020