



Healthy Eating Policy

Of Firhouse Educate Together National School

Address: Ballycullen Drive, Firhouse, Dublin.24.

Telephone: 01 406 1010

Email: info@firhouseetns.ie

Roll Number: 20411J

In Firhouse Educate Together School, we encourage healthy eating.

LUNCH TIMES:

The children, at present, have two breaks at which they eat their lunches. It is hoped that the children will be both encouraged by their peers and enticed by the variety of fruit and vegetables they will see being consumed around them, to try various healthy options and eventually find some that they like to eat.

Suggestions for lunches are as follows:

- Sandwiches (made from bread of all types)
- Filled rolls (of all types)
- Wraps, pitta breads, bagels, scones
- Sandwiches, rolls, wraps and bread may have fillings of any kind.
- Crackers (preferably wholegrain/wholewheat) and cheese (avoiding pre-packaged ones)
- Yogurt and fromage frais (excluding chocolate ones)
- Cheese of any kind
- Fruit or vegetables of any kind
- Pasta, spaghetti or rice in small containers
- Combination of foods – ie. Slices of pizza or quiche
- Slices, cubes of chopped meat, chicken, fish or hard-boiled eggs.
- Yogurts should be of suitable size and easy for infants to eat without spilling.

Suggestions for Healthy Break are as follows:

Fruit:

- Any whole piece of fruit such as an apple, pear, banana or orange
- A bowl of chopped fruit such as pineapple cubes, melon pieces etc
- A bowl/pack of dried fruit such as raisins, dried apricots etc.
- It is important that any food is made easy for infants to eat.
- Vegetables
- Chopped peppers, carrots, celery sticks, cucumber etc
- Baby tomatoes or other whole baby vegetables

Drinks:

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made up of water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak. Recent studies have shown that children who are dehydrated are less able to concentrate properly, especially at subjects like Maths. Therefore, we would recommend that **every child bring a drink of water each day**. Where a child brings more than one drink to school each day, one should be water. Drinks that are encouraged are tooth friendly drinks, as follows:

- Water (preferably tap water due to the fluoride content)
- Flavoured water
- Milk (no flavoured milk)
- Fruit juice (preferably diluted and unsweetened)
- Diluted drinks/squashes (sugar free)

Note: For safety reasons students may not bring any glass containers to school including for drinks / food etc. (Board of Management January 2017).

UNSUITABLE FOODS:

The following foods are discouraged for consumption as school lunches:

- Fizzy drinks of any kind
- Crisps
- Sweets
- Chocolate bars
- Chocolate/icing covered cakes/bars/biscuits/treats/cereal bars/health bars
- Pre-packed combination lunches

Note: No chewing gum is permitted in the school and this applies to staff, parents, pupils and visitors.

NUTS:

Due to pupils in our school who have allergic reactions to nuts or products containing nuts, pupils **must not bring nuts or products containing nuts into school**. This includes peanut butter and chocolate spreads like Nutella, coconut oil, nut butters eg. almond butter

BREAKFAST:

A nourishing breakfast is a good start to a child's day and gives them the energy they need to concentrate, learn and participate fully in school activities. Therefore we would encourage parents to provide a healthy breakfast before coming to school.

HYGIENE

Pupils in our school will be aware of the importance of food hygiene and safety, when preparing and eating lunches: eg washing hands, have clean lunch boxes etc. Signs are displayed throughout the school to encourage pupils to become more aware of this.

ENVIRONMENT

In keeping with our environmental awareness, this Healthy Eating Policy will reduce the amount of litter in the school and will give the pupils an understanding of how people affect the world around them and how they can improve it.

We will encourage the pupils to cut down on litter produced by packed lunches: eg using re-sealable bottles instead of cartons or re-usable airtight containers rather than disposable wrappings.

BIRTHDAY PARTIES

At Firhouse ETNS, we do not accommodate parties or party bags, cakes or sweets. Handing these out takes up a lot of teaching and learning time throughout the year and can put pressure on other parents to supply sweets and treats on their child's birthday. Every child in the school is made to feel special on their birthday by the school community.

This policy will be reviewed by the Board of Management every two years.

ADDITIONAL ALLERGIES

If someone in your child's class has a specific allergy, families will be sent an email at the beginning of the school year to highlight this and this food will not be allowed as part of lunch.

BAKING

From time to time, teachers may use baking as a learning tool. All ingredients that will be used will be sent to parents in advance to ensure that allergies etc. are accounted for.

TERMLY TREATS

Once a term, teachers may decide to give a special treat to their class as part of our balanced approach. Parents will be informed by email about this in advance to ensure that allergies are accounted for.

This policy was reviewed by the Board of Management on May 2022. .

Date of next review: January 2024

Signed: _____

Date: _____

Francis Fullen: Chairperson of Board of Management

Signed: _____

Date: _____

Niamh Byrne: Principal