



St. Mary's Road
Buncrana,
Co. Donegal

St. Mura's National School

Tel. No. 074 9362309

Roll No.16854V

e-mail stmurasbuncrana@gmail.com

Healthy Eating Policy

Introductory Statement:

This policy was formulated after a survey carried out among the staff in St. Mura's N.S. It was drawn up using the guidelines on healthy school lunches from www.safefood.eu

The focus of this policy is to support parents and pupils in relation to healthy eating habits from an early age. Practical suggestions are included, alternative snacks and treats as well as possible nutritious lunches.

This policy is linked to

- SPHE: Taking Care of My Body – Food and Nutrition and Making Choices
- Science: Myself – Human Life Processes

St. Mura's N.S. Healthy Eating Policy outlines how the school supports healthy eating practices through the promotion of healthy lunches and healthy snacks and by other means. The SPHE Guidelines aim to promote the personal development and wellbeing of the student to provide a foundation for healthy living in all its aspects.

St. Mura's N.S. is committed to facilitating the children's development of skills and attitudes to allow them to make informed decisions about their food intake. There will be a whole school approach, involving teachers, parents and children to ensure that healthy eating messages are a part of every aspect of school life. The children will continue to receive consistent messages regarding healthy eating both at home and at school.

Aims of our Healthy Eating Policy

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefit of a healthy well balanced diet
- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives
- To develop awareness of the importance of food for growth and development



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- To explore food preferences in a balanced diet

Benefits of a good diet

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration
- Strengthens the immune system

Breakfast

A nourishing breakfast is the best start to your child's day giving him/her the energy needed to concentrate and learn. Research has shown that children benefit both nutritionally and behaviourally by eating breakfast.

Small Break

The children have an exercise break from 11.00am to 11.10am. Food at this break should be easy to eat. Ideally a small sandwich or piece of fruit. Fruit should be of a manageable size, peeled/chopped if necessary.

Lunch Break

Children have approximately 10 minutes to eat at this break. Ideally, children's lunches should be varied and include:

- Two portions from the bread/cereal group
- One portion of meat or meat alternative
- At least one portion from the fruit and vegetable group
- One portion from the dairy product group
- Water, milk



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Special Treats

Children are permitted one treat on Fridays.

On specific days during the school year the children will be permitted special treats:

- End of term parties
- School Trips
- Birthdays

Suggestions for your child's school lunch:

- Breads – whole-grain breads, rolls, bagels, wraps, soda bread or pitta bread
- Bread substitutes – oatcakes, plain rice cakes, pancakes or crackers

- Fillings – cheese, tuna, hummus, cold meats, pate, egg, lettuce, spinach, cucumber, tomato, onion, peppers, coleslaw, salad, or banana
- Hot leftovers in a flask – curry, pasta (with or without sauce), soup/chowder, baked beans, rice, stew, lasagne or noodles
- Cold leftovers
- Fruit – apple, oranges, banana, grapes, pear, plum, peach, apricots, melon, grapefruit, pineapple, strawberries, raspberries, mango, blackberries or blueberries. Remember to peel and/or cut fruit and vegetables into bite-sized pieces for younger children
- Dried fruit such as raisins
- Raw vegetables – tomatoes, sweet corn, peppers, carrot sticks, celery sticks, broccoli, cabbage or cucumber



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Food items not permitted in school:

- Fizzy drinks, sports drinks and drinks/juices with high sugar content
- Chewing gum
- Chocolate (including chocolate spread)
- Sweets & winders
- Crisps & popcorn
- Biscuits/cakes/muffins/traybakes (including homemade)
- Cereal Bars

Best Practice

- Ensure your child starts the day with a good breakfast
- Eat small regular meals, not one big meal each day
- Children who take physical exercise each day will have a better appetite for healthy food
- Serve brown bread instead of white
- Cut large rolls/wraps/sandwiches into more manageable sizes

The children will bring home any uneaten lunch.

Roles and Responsibilities in implementing our policy:

Parents are responsible for providing a healthy school lunch for their child(ren).

Children are encouraged to participate in making their own healthy school lunch.

Teachers will explicitly teach about healthy eating as part of the SPHE curriculum.

St. Mura's N.S. will review our Healthy Eating Policy every two years.



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St. Mura's N.S. Healthy Eating Policy is available on our website at stmurasnsbuncrana.ie, from the office and by post if requested.

The Board of Management will review this policy every second year.

This policy was reviewed in _____

Signed: _____

Dated: _____

(Chairperson)

Date for review : _____