

GLASNEVIN  
EDUCATE  
TOGETHER  
NATIONAL  
SCHOOL

Healthy Eating  
Policy

## **Rationale for Healthy Eating Policy for GET**

The Healthy Eating Policy for GET National School has been devised to promote a positive and healthy attitude to nutrition for the whole school community at GET National School. It is an inherent aspiration of the ethos of EDUCATE TOGETHER in general, and GET National School in particular to provide a holistic education for its pupils. Education for nutrition is an integral facet of the Social Personal and Health Education (SPHE) curriculum. The practical application of what is taught and learned in this area is achieved through the implementation of the Healthy Eating Policy.

Nutrition is known to be one of the key factors influencing the health of school children and to this end, the partners in education at GET have identified the Healthy Eating Policy as a priority in the development of the school.

### **Healthy lunchbox**

- In line with the Food and Nutrition Guidelines for primary schools, a healthy lunch for a child of primary school age consists of the following:

- 2 or more pieces of bread or cereals
- 1 or more pieces of fruit and vegetables
- 1 serving of milk, cheese or yogurt
- 1 serving of meat fish or chicken

The GET Healthy Lunch Policy endorses these guidelines and recommends that parents adhere to them in the preparation of school lunches

- Drinks accompanying school lunches should be nutritious and should not be of the 'fizzy' variety. We recommend milk, fruit juice, yogurt drink, soup

- Healthy snacks we can recommend to include in the lunchbox are as follows: fruit – seedless grapes, mandarins, bananas, apples, vegetable sticks e.g. carrot and cucumber or pepper sticks, scones, flapjacks, also unsalted nuts and raisins and popcorn for children over five.
- In the interest of keeping the school environment clean and free from waste it is recommended that as little packaging as possible is used in the preparation of school lunches
- Friday is a treat day and on this day, a treat such as a bun, muffin, a slice of cake, biscuits or a snack bar can be included in the lunchbox
- Teachers and other staff at GET will model healthy eating patterns and provide support and encouragement to pupils and parents in cultivating healthy eating habits
- The policy will be reviewed annually.

*This policy has been prepared by the Healthy Eating Policy committee comprising the following members:*

*Miriam O’Sullivan, teacher*

*John Tuohy, teacher*

*Aileen McCabe, parent*

*Sadhbh McQuillan, pupil, 5<sup>th</sup> class*

*Enya Levy, pupil, 4<sup>th</sup> class*

It is the result of several meetings of this group, during which a healthy eating survey was prepared and conducted within the school by the two pupil representatives