

The aim of these guidelines on healthy eating is to help all the members of our school community: children, parents and teachers to develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

1. As part of the Social, Personal and Health Education (S.P.H.E.) Programme at Kiltrustan National School we encourage the children to become more aware of the need for healthy food in their lunch boxes. What people eat is known to be a key factor in influencing health. Research indicates a strong link between diet and performance. To promote healthy eating habits in Kiltrustan National School we have a Healthy Eating Policy.
2. Teachers and older pupils will assist younger children with their lunches. All classes will be allocated time to commence eating their lunches under teacher supervision before they go out to play in the school yard.
3. Teachers will provide positive modelling and supportive attitudes to encourage healthy eating choices.
4. All classes will receive a minimum of two lessons on healthy eating as part of the Social Personal and Health Education Curriculum.
5. The school will have an incentive scheme to encourage healthy eating (Food Dudes Programme)
6. In line with our Green Schools Initiatives foods that have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment. With this in mind children are asked to:
  - use lunch-boxes to reduce the use of foil and wrappers.
  - To take home (in lunchbox) all uneaten food, wrappings, containers and cartons.
  - To put only fruit peel in the compost bins.
  - Not bring cans or glass to school – for Health & Safety reasons.

**Healthy Lunches:**

A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid i.e. (i) bread & cereals & potatoes (ii) fruit & vegetables (iii) dairy products (iv) meat, fish and alternatives.

Children will be encouraged to bring at least one of the following: sandwiches, rolls, fruit, grapes (please slice as grapes can be a choking hazard for your child), raisins, yoghurt i.e. natural or fruit yoghurts, fromage frais, crackers, cheese i.e. cheese slices, cheese strings, cheese dips, carrot sticks or celery sticks. Healthier choices of drinks include unsweetened juice, water and milk, under no circumstances should fizzy drinks be included in a child's lunch.

**Treat Days:**

Friday will be our treat day. On this day children can include one treat from the following list:

- Chocolate biscuits / fun size bars
- Cereal bars
- Pop corn

Due to the risk of food allergies we ask children not to share treats.

Under no circumstances should fizzy drinks be provided.

**N.B. Parents/Guardians of any child with a medical condition who requires a special diet should contact the school.**

This policy was ratified by the Board of Management on the 10/12/19.

Signed: \_\_\_\_\_ (Chairperson)

Date: \_\_\_\_\_