

SCHOOL NUTRITION POLICY

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BACKGROUND

The Nutrition Policy was established in December 2008.

Those involved in the setting up of this project are

Catherine Reidy	Teacher & Health Promotion Co-ordinator
Hugh Ryan	Principal
Margaret Brosnan	Chairperson Parents Association
Eithne Hurley	Secretary Parents Association
Irene Cremin	Vice-Chairperson Parents Association
Jean McCarthy	Parent
Mary O'Leary	Parent

The nutrition project team sent a survey sheet to each family with children in the school. Approximately 55% of families responded. Some of the suggestions received in the responses were as follows:

- ∴ Inviting a guest speaker to the school to speak on nutrition and suggestions for children's lunch boxes
- ∴ Showing a video on healthy eating in each class
- ∴ Encouraging the eating of fruits and nuts
- ∴ Praising children for eating healthily
- ∴ Organisation of a nutrition day where eating healthily is promoted and fruit is brought in for the children to eat
- ∴ Encouraging the drinking of milk
- ∴ Ensuring enough time is set aside for lunches to be finished
- ∴ Discouraging biscuits, crisps, chocolate, fizzy drinks and sweets in lunch boxes .
- ∴ Familiarization with food pyramid .
- ∴ Encouraging younger children to finish lunches.

All of these suggestions have been taken into account in establishing the School Nutrition Policy.

Catherine Reidy, Margaret Brosnan, Irene Cremin and Jean McCarthy, along with three students from the school, Michael Lowe 6th class, Michael Brosnan and Aisling Collins, both 5th class, attended a Nutrition Workshop on 5th December 2008 at the Holy Family National School in Rathmore. It was here that they met with the other schools in the parish, Rathmore, Tureencahill and Meentogues National Schools, who are also in the process of setting up a healthy eating policy in their schools.

Guest speaker on the day was Community Dietician with the Health Service Executive Sheila King.

The main aims of the policy are as follows:

- To make everyone in the school aware of the importance of a healthy diet
- To encourage students, parents and teachers to make healthy food choices
- To increase learning about food and nutrition by actively being involved in providing and promoting healthy eating
- To invite guest speakers to speak to teachers and parents about healthy lunch choices.

Promoting Health & Healthy Eating Choices in our Primary school

We believe that school has a formative role to play in the child's health education. Health habits adopted in childhood will influence health and well-being both now and in the future. The importance of appropriate diet during the primary school years is not only related to optimum physical and mental growth, and to dental health, but also the prevention in later life of some chronic disorders in which diet is said to play a part.

As part of the Social Personal Health Education programme on our curriculum children will learn about nutrition, the importance of a balanced diet and healthy food choices.

We hope that by developing health-promoting practices throughout his/her time in school the child will be encouraged to take increasing control over his/her health and health related choices.

We recognise the parent as the primary educator of the child, and are fully cognisant that the school and the home working as partners in health promotion offers the greatest chance for success.