

COOLE NATIONAL SCHOOL



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Healthy Food Policy

This policy was revised by teachers, students, parents and Board of Management in September 2023.

Coole N.S. supports a healthy lunch policy and recognises the importance of a good diet to support concentration and well-being in our students. The S.P.H.E curriculum places a great deal of focus on children's mental health and well-being. Therefore, a revised policy on healthy lunches has been formulated based on H.S.E guidelines. It is also consistent with educational messages taught from the SPHE, P.E. and science curriculum that focuses on leading a healthy and balanced lifestyle.

Aims:

- To encourage the nutritional and overall well-being of all pupils in the school
- To heighten an awareness of the importance of a balanced diet
- To support pupils to develop life-long healthy eating practises and a positive approach towards food

There are a number of children in the school who are highly sensitive or allergic to certain foods, especially nuts in any form. For these children, eating the wrong food can cause serious illness or prove fatal. To ensure the safety of these children, parents are asked to be extremely careful when preparing their children's lunches. Any foods or products containing nuts are completely banned from the school and children are asked not to share or swap around lunches.

Parents or carers of children who are sensitive or allergic to any type of food, will be asked to provide as much information as possible about which foods are

suitable or foods which must be avoided. This information will be relayed to all staff.

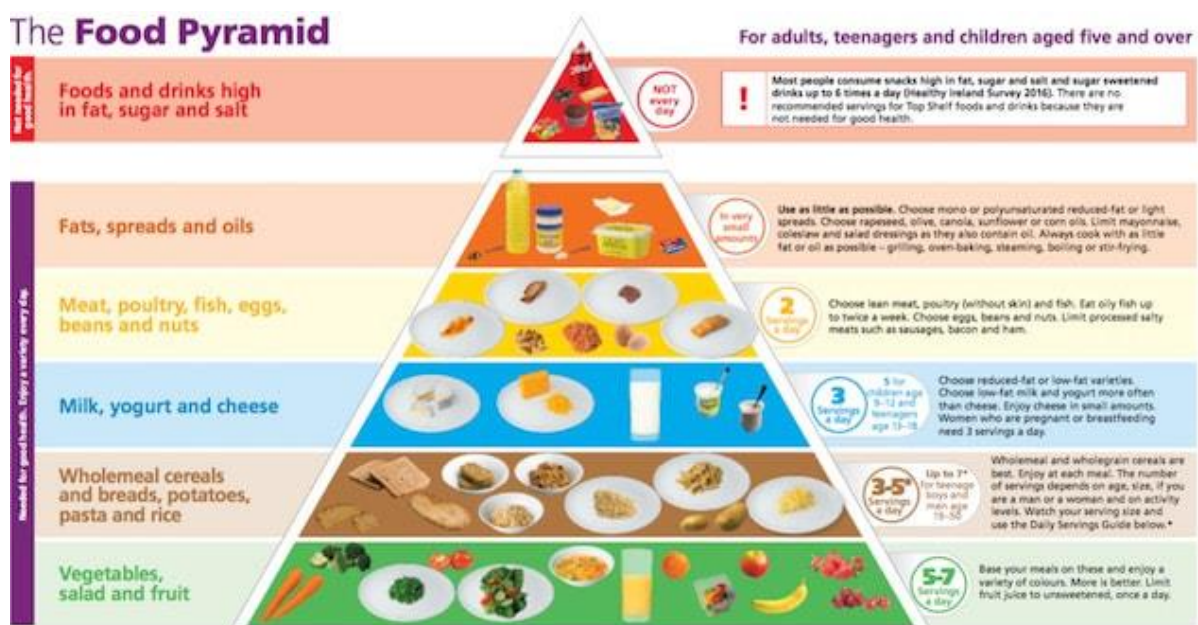
Coole N.S. acknowledges that children's tastes vary and that it is the parent's responsibility to create a healthy lunch every day. We would also request parents to consider a healthy and balanced breakfast for children to help them learn to their best ability and concentrate in school.

At Coole N.S. there are two timetabled breaks in a full school day. The children are given time to eat their lunches either before or after their time in the yard. In the interest of practicing good hygiene, children are encouraged to wash their hands before and after eating.

Children are expected to eat their lunches while seated at their places and any rubbish or leftovers from the lunch is to be brought home every day. Fruit peels may go into the school compost bins. This encourages the reduction of waste in the school and allows parents to see what has been eaten.

Drink should be brought in plastic and reusable bottles (not glass) and preferably should be filled with water as it is the healthiest option. Unsweetened juices/well diluted cordial may also be used. There are drinking facilities in the school to allow the children to refill their bottles if needed.

The Food Pyramid offers a very simple approach to making healthy food choices.



School Policy on treats:

Coole N.S. has decided based on feedback from teachers, students and parents that treats are not to be included in school lunches. If a treat is brought in, it will be sent home. Treats may be given out by the teacher/ school/ P.A at their discretion during the school year e.g., end of term/special occasions/.

The following list has been compiled with examples of what to bring/not bring. We hope that this will help you when making healthy and nutritious lunches for your child. To encourage independence in your child and in the interest of good hygiene practice, your child should be able to open and access lunches without adult help. Food that is not in line with the school healthy lunch policy will be sent home.

Bring	Do not bring
Water	Fizzy drinks
Low sugar cordial	Chocolate/flavoured milk
Fresh fruit e.g., chopped apple, banana, peeled oranges	Fruits shoots
Sandwiches /rolls (wholemeal, if possible)	Crisps
Pitta bread/wraps/plain rice cakes	Chocolate bars
Whole meal scones	Chocolate spread
Bread sticks	Chocolate pastries
Pasta	Cakes/pastries
Crackers	Sweets
Cheese strings	Cereal bars
Raw vegetables e.g. carrot sticks, cucumber slices	Sugary lollipops
Yoghurt (low sugar)	Chewing gum
	Fruit winders
	Snacks known to be high in sugar, saturated fats, salt, additives and preservatives