



## St. Francis Xavier Senior National School HEALTHY EATING Guidelines

*What people eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school. Food is often a feature of school celebrations. The curriculum provides an opportunity to learn and to explore food and healthy lifestyles. Through these guidelines St Francis Xavier S.N.S aims to help all those involved in our school community, e.g. children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.*

1. It is important that children have breakfast. The importance of breakfast is to help concentration at school.
2. It is a priority within St Francis Xavier SNS to promote healthy eating in school. Children learn and develop better when eating a healthy well balanced diet. When eating foods with high sugar contents, children lack concentration and are unsettled in their work. It is important to help the children identify healthy foods and become aware of the benefits of eating a balanced diet. Every child should bring packed lunch to school each day.
3. Children are supervised while eating their lunch.
  - Children's lunches should include a selection of the following foods: Foods: Bread, Cheese, Salads, Beef, Ham, Chicken, Turkey, Tuna, Cheese Strings, Frubes, Chopped vegetables, Popcorn, Crackers, Yoghurt.
  - Drinks may include the following: Water, Milk, Fruit Juice, Yoghurt drinks. Milk is an excellent source of calcium which is the main mineral present in bones and teeth.
4. As the prevalence of nut allergies increases, St. Francis Xavier Senior School will strive to become a 'nut free' environment. This is to ensure the safety of all our pupils. We ask for all parents' support in this effort.

5. Foods which have wrappers are to be kept to a minimum and disposed of properly at home to reduce litter and protect our school environment
6. Special occasions (as decided by school) are treat days. On these days one can have one small item from the top shelf of the food pyramid. Treats are not allowed on other days.
  - On Fridays, children may bring one individual portion treat.
7. Nutrition & healthy eating will be included as part of the school curriculum.
8. Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating.
9. 'Healthy Eating Awareness Days' will be held each term as an incentive to encourage healthy eating at school and at home.
10. The 'Healthy Eating Guidelines' will be reviewed every two years and the guidelines will be available on the school website.

#### **Ratification and Communication**

The Board of Management reviewed these guidelines on 17th January 2024.

These guidelines will be reviewed by January 2026.

The Healthy Eating Guidelines are communicated to teaching staff via Aladdin and the shared google drive. The guidelines will be available to parents through the school website on the policy page.

Signed: Joe Mitchell Date: 28/02/2024  
Chairperson

Signed: Sean McKee Date: 28/02/2024  
Principal