

Healthy Eating Policy Clonown National School

Date: October 2025

Review date: 2028

Rationale: Clonown National School recognises the important role that a healthy, balanced diet plays in a child's growth, development, and ability to learn effectively. As a health-promoting school, we aim to support and encourage pupils to make healthy food choices both at school and at home.

This policy reflects national initiatives such as:

- *Healthy Ireland Framework (2013–2025)*
- *Department of Education Wellbeing Policy Statement and Framework for Practice*
- *Food Dudes Programme*
- *HSE Healthy Eating Guidelines for Primary Schools*

Aim: The aim of this policy is to:

- Promote the health and wellbeing of all pupils and staff.
- Encourage positive lifelong attitudes to healthy eating.
- Ensure a consistent approach to healthy lunches and snacks.
- Support parents/guardians in making nutritious food choices for their children.

Guidelines for Healthy Eating

1. Lunch Box from home

Pupils are encouraged to bring a balanced lunch consisting of items from the main food groups:

- **Carbohydrates:** Breads, cereals, pasta, rice, wraps, potatoes, crackers, plain cereal bars, scones and flapjacks.
- **Fruit and vegetables:** aiming at least one portion of each
- **Dairy:** milk, yoghurt, or cheese
- **Protein:** Meat, fish, eggs, beans, tofu, lentils.
- <https://assets.hse.ie/media/documents/healthy-lunchboxes.pdf>
- <https://www.safefood.net/101-square-meals-cookbook>
- <https://ndc.ie/lunchbox-tips/>

2. Foods and Drinks Not Permitted at any time.

To promote dental & overall health, the following are **not permitted in our school**:

- Fizzy or sugary drinks (e.g., cola, fruit drinks, energy drinks)
- Chewing gum
- Sweets, winders and lollipops e.g., Haribo's, chewy sweets, hard sweets.

3. Drinks

Water and milk are the recommended drinks. Pupils are encouraged to bring a refillable water bottle to school.

4. Friday Treat Day

On this day, pupils can bring **one** of the following:

- Small chocolate bar or biscuit
- Bun or piece of cake
- Small packet of crisps

Other treat days may include:

- End of term parties
- Halloween
- School trips and events
- Class rewards

On these occasions, teachers may provide treats for the class or pupils may be invited to bring in items to share. Teachers will be aware of pupils with allergies and will ensure safety and inclusivity.

Supporting Healthy Eating in the School

- The school will participate in programmes such as **Food Dudes** and **Active School Flag** where possible.
- Healthy eating messages will be reinforced through classes in school.
- The **staff** will act as role models by promoting and demonstrating healthy eating habits.

Roles and Responsibilities

- **Parents/Guardians:** Provide healthy lunches and support the school's policy.
- **Pupils:** Follow the policy and make positive food choices.
- **Staff:** Encourage healthy eating and uphold the policy consistently. If children bring foods that are not permitted and have no other food in their lunch box the school will provide a lunch.
- **Board of Management:** Approve, monitor, and review the policy.

Implementation and Review

This policy will be communicated to all members of the school community and will be available on the school website. It will be reviewed regularly, with input from pupils, parents, staff, and the Board of Management.

Ratification

This policy was ratified by the Board of Management on _____

Signed: _____
Chairperson, Board of Management

Date: _____