



Presentation Primary School
Greenside South, Carrick-on-Suir, Co. Tipperary



Healthy Eating Policy

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children's understanding of how the body grows and develops. This policy, though originating in 2001, has been updated to remain in line with current thought re Healthy Eating. This policy was updated in the 2025/2026 school year, by Ms Breffni Quinlan and staff in consultation with the Principal, staff, pupils, parents and our Board of Management.

The Aims of the Policy:

- To promote the personal development and well being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.
- To heighten an awareness of the importance of a balanced diet and of dental hygiene

A two-pronged approach will be used to encourage co-operation with the school's healthy eating policy – immediate intervention when there is a concern about a child's lunch and a long-term educational approach to training children to make better choices. We are working to support parents in encouraging good habits around eating.

Healthy Options could include:

Bread & Alternatives/Savouries

Bread or rolls, preferably wholemeal

Lean Meat

Presentation Primary School: Healthy Eating Policy

Rice – wholegrain

Chicken/Turkey/Ham

Pasta – wholegrain

Tinned Fish e.g. tuna/sardines

Potato Salad

Cheese

Wholemeal Scones

Bread sticks

Crackers

Pitta bread

Rice cakes

Popcorn (In a plastic container only)

Fruit & Vegetables/Drinks

Apples,

Banana,

Peach

Mandarins,

Orange segments,

Fruit Salad,

Dried fruit,

Plum,

Pineapple cubes

Grapes,

Cucumber,

Sweetcorn

Tomato,

Coleslaw,

Presentation Primary School: Healthy Eating Policy

Carrots

Peppers,

Yoghurt

Fruit juices/Cordial, i.e. low sugar

Water

Milk

A Word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth.

If a child does not drink a glass of milk at lunch, encourage him/her to have a carton of yoghurt or a small helping of cheese instead.

A Word about Water

Pupils attending our school are encouraged to drink water at natural intervals during the day, as regular drinking of water is proven to raise concentration levels. Students are encouraged to use reusable bottles provided by Glanmore Foods or a suitable alternative from home.

We ask that children do not bring the following to school: Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks e.g. Oddities/Snack o'Jacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets/chewing gum
- Chocolate biscuits/bars e.g. Jaffa Cakes/Oreos/Animal Biscuits
- Cereal bars e.g. Square bar
- Fruit winders
- Nuts or foods containing nuts.
- Pot Noodles

What happens if we do not follow the Policy on Healthy Eating?

- We all forget things at one time or another, so if something deemed unhealthy is in a pupil's lunch box, they will be reminded about the rules and asked to bring home that piece of lunch.
- Continuous breach of Healthy Eating policy will need to be referred to the Principal.
- The next step in the process, if required, would be for parents to be contacted by the class teacher.

Presentation Primary School: Healthy Eating Policy

Suggestions to Support our Healthy Eating Policy

Healthy eating policy, HSE (2007) data and SESE curriculum summary to be given to parents/guardians

- Our School is very fortunate to be involved with the School Lunch Programme which allows for Healthy Choices. A healthy lunch is ordered by the parents/Guardian and delivered to the school each day by Glanmore Foods. See Lunch Choices.
- Our school is currently participating in the School Hot meal programme. These hot meals are also supplied to the school by Glanmore Foods.
- Our School will be participating in the Food Dudes Healthy Eating Programme.
- Green Flag School: As we are a Green School children are asked to: take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons, put only fruit peel into the compost bins and use reusable bottles and containers.
- Parents have asked that children be encouraged to eat mindfully as part of our Healthy Eating Policy and teachers have agreed to read a book or play a piece of music 5 minutes before the bell, to allow children these extra few minutes to get their lunch eaten. This proposal was approved by the BOM, November 2016.
- First Term – All classes will cover SPHE Strand ‘Myself’ Unit: Taking care of my body.
- All classes will be made familiar with a food pyramid in the first term.
- The mid morning break - 10.50 a.m. approx. will also be known as the Fruit Break. Children will be encouraged to bring a piece of fruit to the yard.
- The class teacher will regularly monitor lunches, particularly during September.
- Class discussion will take place with students so that they respect the different food preferences of other children and of other cultures.
- Children will be discouraged from commenting on others food choices.
- Exceptions to this policy can be made on occasions of school and class celebrations.
- N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.**

This policy was drawn up in consultation with the, Staff, Parents’ Association and the Board of Management. It will be reviewed every three years or as required.

Signed: _____ (Chairman B.O.M)

Signed: _____ (Principal)

Date: _____