



## Whole School Food Policy

Revision No 3

Jan 2017

The aim of this Whole School Food Policy is to encourage the whole school community to make healthy food choices which support and enhance living and learning.

St. Joseph's P.S. is a health promoting school and consequently we strive to have a whole school approach to all aspects of health including food.

In Spring 2016, a review of the existing policy for healthy eating was begun. An audit of the approach to food and drink in St. Joseph's was carried out by the HPS co-ordinator. A pupil lunchbox survey was undertaken and all staff (teaching and non-teaching) completed a consultation questionnaire re developing a whole school food policy. Suggestions were invited from parents. The existing policy for healthy eating was then reviewed taking all of the above into account and this new policy was prepared by a working group with representatives of the parents, pupils and teachers. It has been approved by the Board of Management. The essence of what is contained in this policy is included in the "Booklet for Parents" and is available on the school website.

The key points to be noted are:

- All food and drink consumed in the school by both children and staff will follow the guidelines, as far as possible, recommended in the Food Pyramid as supplied by the Health Promoting Department of the Health Service Executive and given to all parents of Junior Infants. A poster of the food pyramid is also displayed in the school.
- We suggest that a food from each of the four shelves of the food pyramid be included each day to ensure a balanced lunch e.g. bread roll with filling from the 4<sup>th</sup> shelf, a piece of fruit and/or veg and a carton of milk.
- We actively discourage the inclusion of food from the top shelf e.g. biscuits, sweets, cereal bars etc. and our aim is to eventually eliminate these from school lunches. We do not allow fizzy drinks, crisps, or chewing gum at all.
- We actively support and encourage the drinking of water and milk *only* during school
  - School milk scheme
  - Waterspout near playground
  - Free access to personal water bottle in all classes
- We encourage the eating of fruit and veg every day in the school but a particular effort to eat fruit/veg or to try different fruits/veg is made on "Fruity/Veggie Friday"
- We do not allow foods to which a pupil has a known severe allergic reaction to be included in lunches of children in that pupil's class
- Children should not swap lunches
- Children should take home any uneaten lunch so parents are aware of what they have not eaten
- Healthy food options e.g. fruit sticks will be included in school celebrations, parents visits etc.
- Sweet treats are to be given as one of a number of treats/rewards. Pupils will have an input into suggestions for alternatives to food as a treat/reward.
- Teachers will celebrate birthdays and other events in the classroom. We do not allow sweet treats to be brought in from home on such occasions unless specifically requested to do so by the class teacher.
- Pupils will get adequate time to eat their lunches in their classrooms before going to the playground. We encourage parents to give an appropriate amount of 'ready to eat' lunch eg. peeled orange segments rather than a whole orange. Staff may eat lunch in the staffroom.
- Pupils will use hand sanitiser before eating



# St. Joseph's Primary School

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- Pupils and staff are expected to take wrappers, cartons etc. home in their lunch boxes as far as possible
- Recycling and composting are practiced in our school
- Pupils are furnished with some healthy food promoting literature on a number of occasions through their time spent in St. Joseph's to support them and their parents in their efforts to eat healthily in school and out of school. Links to appropriate information are also provided on the school website.
- Reminders re healthy lunches will be given in the school newsletters
- Specific classes re healthy food choices will be taught regularly at all class levels

This newly reviewed policy will begin to be implemented on August 31<sup>st</sup> 2016.

Everyone in the school community (pupils, parents and staff) has a responsibility to make this policy work. The policy's implementation will be monitored particularly by the Principal, HPS coordinator and Whole School Food Policy team.

It will be reviewed again in 2019/20.

Signed:

Date:

Chairperson B.O.M