

Glantane N.S. Nutrition Policy

As parents/guardians and educators we are all acutely aware of the importance of our children's diet and how it impacts on their health, development and general well being. Children spend a significant part of their day in school and therefore it is important that they eat healthy and nutritious lunches. This is far easier to encourage when each child is eating similar types of foods. Glantane N.S. is a Health Promoting School (H.P.S.) . This policy was formulated by the Health Promoting Schools working group, in conjunction with parents, students, staff and the community dietician. This policy will be implemented from October 2013.

Mission Statement:

To improve nutrition standards in Glantane N.S. by encouraging healthy eating among everybody within the school community.

Aims:

- To help children improve concentration, learning and energy levels.
- To support parents and children to make healthy food choices.
- To advise parents on portion sizes.
- To support the school's environmental policy – reusable containers.

Guidelines:

We strongly encourage that:

- All foods and drinks consumed in the school **will follow** the guidelines set out in the food pyramid.
- That parents/guardians **not include** foods from the top shelf of the food pyramid. (bars, sweets, biscuits, cakes, cereal bars etc.)
- Parents/guardians consider portion sizes when planning their child's lunch.
- All lunches are to be stored in suitable containers (preferably reusable) to help keep them fresh during the school day.
- Water/milk should be provided as the pupils' drink of choice.

Various theme days will be held in the school to promote particular aspects of our policy i.e. Watery Wednesdays and Fruity Fridays.

Our nutrition policy will be supplemented by:

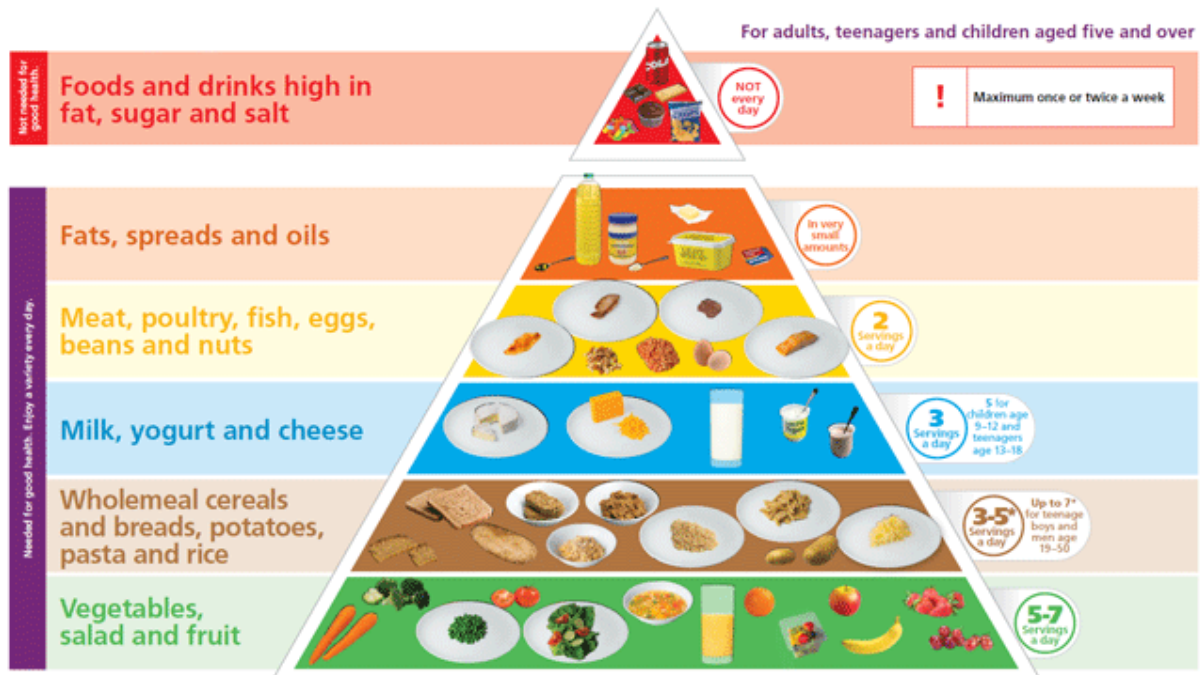
- Exercise through the medium of Physical Education.
- Lessons in S.P.H.E. and Science based on food, healthy bodies and keeping our teeth healthy.

If children bring "discouraged" food / drinks to school: - On the first occasion they will be allowed to eat/drink them but will be advised not to bring them on other days. Should they persist in bringing unhealthy food to school, the child will be instructed to bring the "discouraged" foods home and the teacher will contact the parents/guardians.

Fizzy drinks and chewing gum are not allowed in Glantane N.S.

Healthy Lunch Choices

The following is designed as a guide to help you to provide a quick, appetising and nutritious lunch for your child, taking into account portion sizes.



- Attached is a recommended serving guide for each shelf of the food pyramid.