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Education & Training  
Boards Ireland  
*Bord Oideachais &  
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**Broadmeadow Community**

**National School,**

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**Roll Number: 20529J**

## **HEALTHY EATING POLICY**

**BROADMEADOW COMMUNITY**

**NATIONAL SCHOOL**



**2022/2023**

**Principal: Miss J. Robinson**

The Principal of Miss Jennifer Robinson is responsible for the implementation of this Healthy Eating Policy.

## Summary

This Healthy Eating Policy outlines how the school supports healthy eating practices through the promotion of healthy lunches and healthy snacks and by other means throughout the school day. The SPHE Guidelines aim to promote the personal development and wellbeing of the student to provide a foundation for healthy living in all its aspects.

Broadmeadow CNS is committed to facilitating the children's development of skills and attitudes to allow them to make informed decisions about their food intake. There will be a whole school approach, involving teachers, parents and children to ensure that healthy eating messages are a part of every aspect of school life. The children will continue to receive consistent messages regarding healthy eating both at home and at school.

## Aims of our Healthy Eating Policy

- To promote a whole school approach to healthy eating and nutrition.
- To understand the benefit of a healthy well balanced diet.
- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives.
- To develop awareness of the importance of food for growth and development.
- To explore food preferences in a balanced diet.

## Benefits of a Balanced Diet

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones.
- Provides energy and aids concentrate.
- Strengthens the immune system.
- Improves mood and engagement.
- Positive benefits to overall health and education.

## Methodologies

- Talking and educating children about staying healthy and balanced food options.
- Food Dudes Programme across all classes to support encouragement of new fruits and vegetables.
- Talking about and sharing experiences about healthy lifestyles across the school day.
- Sharing experiences in relation to similarities and difference with food, taste, culture etc.

## **Dietary Recommendations at Broadmeadow CNS**

At Broadmeadow CNS we will be working in partnership with the home and community in order to ensure that the children within our care gain the best balanced diet throughout the day. We hope to encourage children to create good habits for life. We will promote this through:

### **Morning Break:**

All children will be able to bring a piece of fruit/ small fruit box to school for their short morning break. We will encourage all children to taste and enjoy the fruit and would recommend a variety to be sent to school where possible. All children will bring any waste home so that parents/guardians are aware of what has been eaten.

### **Lunch Break:**

Children have approximately 10-15 minutes to eat at this break. Ideally, children's lunches should be varied and include:

- Two portions from the bread/cereal group.
- One portion of meat or meat alternative.
- At least one portion from the fruit and vegetable group.
- One portion from the dairy product.
- Water
- Milk (We will be offering this at a small cost per term for all children to avail of)

### **Suggestions for your child's school lunch:**

- Breads – whole-grain breads, rolls, bagels, wraps, soda bread or pitta.
- Bread substitutes – oatcakes, plain rice cakes, pancakes or crackers.
- Fillings – cheese, tuna, hummus, cold meats, pate, egg, lettuce, spinach, cucumber, tomato, onion, peppers, coleslaw, salad, or banana.
- Fruit – apple, oranges, banana, grapes, pear, plum, peach, apricots, melon, grapefruit, pineapple, strawberries, raspberries, mango, blackberries or blueberries. Remember to peel and/or cut fruit and vegetables into bite-sized pieces for younger children.
- Raw vegetables – tomatoes, sweet corn, peppers, carrot sticks, celery sticks, broccoli, cabbage or cucumber, salad.
- Dairy, cheese pots, cheese, yogurts etc.

### **Restricted Items:**

- Cereal bars
- Processed food items such as sausage rolls, pizza, pies etc.
- Fizzy drinks, flavoured water, cordial (We promote water and milk)
- Nuts (including peanut butter)
- Chewing gum.

- Chocolate (including chocolate spread)
- Sweets & winders.
- Crisps & popcorn.
- Biscuits/cakes/muffins/tray bakes (including homemade)

## Best Practise at Broadmeadow CNS

Ensure your child starts the day with a good breakfast. A breakfast club will be offered at school for a small termly charge.

- Eat small regular meals, not one big meal each day.
- Children who take physical exercise each day will have a better appetite for healthy food.
- Serve brown bread instead of white.
- Cut large rolls/wraps/sandwiches into more manageable sizes.

**All children will bring home uneaten lunch.**

## Roles and Responsibility at Broadmeadow CNS

At Broadmeadow CNS we will work in partnership with all of our parents and guardians to ensure the best for your child. However, parents/guardians are ultimately responsible for providing a healthy school lunch for their child(ren).

- Children are encouraged to participate in making their own healthy school lunch.
- Teachers will explicitly teach about healthy eating as part of the SPHE curriculum.
- Broadmeadow CNS will review our Healthy Eating Policy as required or every two years, whichever comes sooner.
- Our Healthy Eating Policy is available on our website at [www.broadmeadowcns.ie](http://www.broadmeadowcns.ie).

***Note: 'Dietary requirements that may result in a change to this policy are considered on a case by case basis in discussion with the school Principal. Sufficient medical documents and/or evidence may need to be provided to support the request for change to the policy in line with a dietary requirement and may be requested at the time of a decision being made'***

Signed: Ann Graves

Date: 13.12.22

Board of Management:

Signed: Jennifer Robinson

Date: 13.12.22

Principal: