



CHRIST THE KING BNS

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Healthy Eating Policy

Healthy Lunch 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.

Aims of this policy:

To promote the personal development and wellbeing 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.

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

In our school the children eat twice a day, before going out to play. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring a bottle of water.

A word about Milk, growing children should get approximately one pint of milk a day. This ensures that they get enough calcium, which is essential for healthy bones and teeth.

We provide milk free of charge to the pupils in our school. Milk is a rich source of protein, calcium, vitamins and minerals.

The Healthy Lunch Guidelines

Children in each class were asked to discuss what they thought should be in a healthy lunch. From these discussions the following guidelines emerged.

What is a healthy lunch?

- It is full of goodness like protein, vitamins and calcium.
- Contains food with little to no sugar, because too much sugar is bad for your teeth.
- Contains no colouring or additives.
- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain power

What could be in a healthy lunch?

- Sandwiches or rolls with cheese, meat or other fillings.
- Pitta bread, crackers
- Fruit (peeled and chopped for small children)
- Raisins
- Vegetables (washed and chopped))
- Pasta
- Salad

- Small, plain biscuits (no chocolate)
- Yoghurt (easy to open)

What should not be in a healthy lunch?

- Crisps, salted nuts.
- Chocolate, sweets, lollipops or jellies
- Chewing gum
- Cake, biscuits, pastries or doughnuts
- Chocolate spread
- Fizzy drinks
- Flavoured Milk
- Energy drinks
- Chocolate yogurts/yogurts with chocolate pieces
- Chocolate rice cakes
- High sugar cereal bars e.g, coco pops, frosties, rice crispy,

What drinks could we include in a healthy lunch?

- Water
- Fruit juices
- Diluted drinks
- Milk
- Actimel
- Smoothies

What drinks should not be allowed?

- Fizzy drinks
- Sugary drinks
- Hot drinks (health and safety)
- Flavoured milk
- Energy drinks

Who should make sure everyone follows the rules?

- Our parents, because they make our lunch and should set a good example. They are responsible for our health.
- We should, because it's our health and we want to be fit and full of energy.
- Teachers, because they can see what's in our lunch boxes and know who's eating the right foods everyday.
- The Principal

What should we do when children bring in foods not allowed?

- The children bring the food/drink home in their lunch box.

Exceptions will be made for the following occasions:

- yes for treats after communion or confirmation
- yes for birthday treats
 - Yes, for end of term parties
 - yes for school trips

The children of Christ The King BNS are very keen to have healthy lunches and show a good understanding of what that means. We hope these guidelines will assist everybody in making healthy choices.

We currently have Glanmore foods delivering a nutritional packed lunch every day to all students in our school. Parents decide on the menu for their child at the beginning of the year. Each item delivered from Glanmore meets the nutritional standards as outlined by the Department of Education and Skills. Each lunch item delivered from Glanmore is also in line with acceptable foods as outlined in our Healthy Lunch policy. These lunches can be amended throughout the school year if your child wants to try different options - your child can ask his class teacher or you can contact the class teacher. If your child no longer wants to receive a school lunch and would prefer a packed lunch from home only, please contact your child's teacher so that his lunch order can be cancelled.

Date: 28/09/2023

Signed Aime Dollard
Chairperson, Board of Management

Signed Chadley Votey
Principal CTK BNS.