

KILKENNY SCHOOL PROJECT N.S.

HEALTHY EATING GUIDELINES

In the spirit of our child-centered ethos and following representations from parents and teachers, it has been decided to draft Healthy Eating Guidelines for the Kilkenny School Project. Due to major changes in lifestyles over the last decade it is now recognised that diet is a major factor in the high levels of heart disease, obesity and type two diabetes which currently exist in western countries such as Ireland. There is also very strong evidence that hyperactivity in the classroom is linked to highly processed convenient foods. Recently the World Health Organization recommended that "School policies should support the adoption of healthy diets". K.S.P. parents, teachers and pupils have all been consulted regarding what should be included in the school's guidelines. These have been drawn up by a sub-committee of the Board of Management following submissions from sub-committees of the P.T.A. and teachers and also using feedback from pupils at all class levels.

Some Healthy Lunch suggestions are:-

sandwiches / rolls / pitta bread / crackers
fruit and vegetables
cheese and yoghurts
plain biscuits / buns ,scones, popcorn

Recommended drinks are milk, water and unsweetened juices.

The aim is to promote a nutritionally-balanced diet by having our children avoid foods high in salt / sugar / fats and therefore parents are asked not to include the following in children's lunchboxes:-

fizzy drinks, sweets, chocolate or crisps

For special school events/celebrations exceptions may be made to some of the above.

The school is happy to facilitate the provision of healthy lunch options with the following:-
School Lunch (roll filled with ham/ cheese / salad / tuna etc. & juice/soup & piece of fruit).
Schools Milk scheme at a very reasonable cost per term / year.
Drinking - water fountains outdoors, providing a filtered water supply (in the near future).

As part of the school's S.P.H.E. (Social, Personal and Health Education) programme, Healthy Eating Awareness will be promoted and encouraged on an ongoing basis in all classes, with Awareness Weeks being held at the beginning of Term One & Term Two of the school year (i.e. September & January). During these weeks the focus will be on education in the area of healthy food choices (e.g. Food Pyramid). Leaflets with lunchbox suggestions and other related materials may be distributed / sent home, and outside speakers may be invited to address parents / pupils.

For safety reasons glass bottles are unsuitable for drinks in school and parents are asked to keep packaging to a minimum in support of our Green Schools status (e.g. re-usable containers for drinks).

Chewing gum is not allowed on the school premises.

The success of the K.S.P. Healthy Eating programme depends on parental co-operation and support. By providing these guidelines we hope to encourage children to eat nutritious foods and reduce negative peer pressure in this regard. The development of healthy eating habits in children's primary school years will lay the foundations for their future good health and well-being.