



**Trinity P.S.**

**Healthy Eating Policy**

## **Introduction**

Our Healthy Eating Policy has been developed in partnership with all members of the Trinity Primary School community.

Our policy recognises healthy eating as an integral part of student wellbeing. It also recognises that wellbeing and successful learning are inextricably linked (Wellbeing Policy and Framework for Practice 2018 – 2023).

In line with the SPHE (Social Personal and Health Education) curriculum, TPS aims to provide opportunities to foster the personal development, health and well-being of the individual child. With this in mind, we have created this Healthy Eating Policy, to encourage our pupils to have a healthy diet.

## **Rationale**

“A healthy diet is a foundation for health, well-being, optimal growth and development. It protects against all forms of malnutrition”

(World Health Organisation,2023).

A healthy diet serves as a protective factor against many forms of chronic disease as well as obesity in adults and children (HSE Healthy Eating, Active Living National Plan 2017- 2020).

The following documents/resources have influenced the development of this policy;

- Wellbeing Policy Statement and Framework for Practice 2018 – 2023. Department of Education and Skills.
- HSE Healthy Eating Guidelines 2023.
- HSE Healthy Eating Policy Toolkit for Primary Schools 2023.
- Healthy Ireland Nutritional Standards for School Meals. Department of Employment Affairs and Social Protection and Department of Education and Skills Updated 2020

## **Aims**

1. To take a whole school approach to healthy eating, in relation to both our school culture and the curriculum
2. To promote healthy eating across school life ,consistent with national healthy eating guidelines and school curriculum.
3. To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives.
4. To ensure that food provision in school reflects the ethical and medical requirements of all pupils and staff, for example, religious, ethnic, vegetarian, medical and allergenic needs
5. To make the provision and consumption of food an enjoyable and safe experience.

## **Objectives**

- To enable the child to appreciate the importance of good nutrition for growing ,developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices for their school lunch in line with a healthy balanced diet.

- To ensure that the staff and children acknowledge and respect the ethical and religious food choices of others while also being mindful of allergies e.g. vegetarian,vegan,halal,coeliac etc.
- To ensure pupils are well nourished at school and that every pupil has access to nutritious food and an easily available supply of water during the school day.
- To encourage and promote the recycling of lunch packaging ,the reduction of waste food,and the reuse of bottles/beaker

### **Culture and Environment**

- We are very fortunate here at Trinity Primary School to be able to provide every child in school with a nutritious packed lunch,free of charge under The School Meals Programme.
- We encourage all families to avail of the free school lunch and by doing so,you can rest assured your child is receiving a healthy ,well balanced meal every day.There is a great variety of food options available and you have the flexibility to change the food choices weekly.
- Drinking water is also easily accessible to all pupils on a daily basis.
- There is adequate time allowed for a balance of eating and social time.
- We promote non-food rewards and less focus on food at school events.
- Children must take home food waste and recycling daily as we as a Green School place emphasis on recycling and reducing waste.
- A culture of healthy eating is encouraged by staff in school.
- Lunchtimes; In our school children eat twice a day before going out to play.Children wash hands before they eat.Children are not allowed to swap or share lunches/utensils.

**We ask children to bring water or milk to school to drink.**

**We ask that children do not bring the following to school:**

- Nuts,nut spreads,and other nut products due to nut allergies.
- Chewing gum
- Fizzy drinks (including fizzy fruit-flavoured water, juices, energy drinks etc)
- Sweets or bars
- Cake/s
- Chocolate biscuits/bars
- Cereal bars (these can often contain as much sugar as chocolate bars)
- Crisps (including crisp-style snacks)
- Hot Deli food eg.sausage rolls,chips
- Popcorn in Campus 1 as per HSE guidelines it is not recommended for children of 5 yrs and under.

### **Allergies**

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be relayed to all staff.

**We would also remind parents that some children in our school have very serious and sensitive allergies. All nuts and nut-containing products including Nutella, cereal bars with nuts and nut butters are not permitted in school as they can be very dangerous to these children. There will be no sharing of lunches to limit the possibility of allergic reactions. We ask that parents not send in birthday cake or other treats to share on the occasion of a child's birthday because of allergies.**

## **Curriculum (Teaching and Learning)**

- Healthy eating education is integrated into various subjects including SPHE, Science, Math, Geography, and History.
- Students learn about food origins, serving sizes, label reading, and food preferences to make informed dietary choices.
- Programmes like Food Dudes and Incredible Edibles, supported by external agencies, enhance the educational experience.
- Topics such as the food pyramid, plant and animal food sources, food hygiene, and dental care are covered to promote overall health.
- The curriculum fosters lifelong healthy habits and a culture of wellness within the school community

## **Policy and Planning**

- Our SPHE 2 year Overview allows for a whole school approach to healthy eating at similar times across similar class groupings.
- Our External lunch provider adheres to the Healthy Eating Guidelines.

## **Relationships and Partnerships**

- Communicate with parents and staff on the healthy eating policy materials.
- HSE provide support and informative talks on Dental hygiene and Nutrition.
- Our student council meet frequently and communicate with our whole school.
- Our HSCL organises parent classes and events that educate and assist parents to make healthy meals,,soups,lunches.
- Local sporting partners
- Local shops

## **Key Measures**

- Staff attend professional updating /training
- Healthy Eating is covered as outlined in the SPHE outcomes
- All classes in school are placing an emphasis on The Food Pyramid/Making Healthy Choices
- Increase in non-food rewards during school and a decrease in food rewards.
- Proportion of lunch time is given to social time.

## **Communication**

This Healthy Eating policy is shared with the pupils,staff,parents/guardians in Trinity Primary School. It is available to view on our school website or in our school.

We share various events and initiatives on our school Social Media page.

## **Implementation**

### **Roles and Responsibilities in Implementing this Policy:**

Teachers are responsible for teaching the “Taking Care of my Body” Strand Unit of the SPHE curriculum, thereby promoting healthy eating.

Staff will act as role models in the area of healthy eating and this will include the provision of non food related rewards.

Parents are responsible for the health of their son/daughter. Where possible we encourage parents/guardians and children to order the school lunch together/prepare school lunches together.

Pupils are encouraged to participate in ordering their lunch/making their own healthy school lunch.

School management will support the school and wider community in developing a healthy eating culture by providing healthy options at events such as parent nights, Grandparents Day etc

As a Green School, the school community as a whole, has a responsibility to be mindful about the waste associated with lunches. Children are encouraged to bring their own waste home and recycle it. Reusable containers, lunch boxes and water bottles are recommended.

## **Actions to take if policy is not supported**

### **What happens when pupils bring in food which is not permitted?**

When a pupil brings food to school which is not permitted a member of staff/teacher will ask the pupil to put it in their bag and the class teacher issue a reminder note to parents/guardians regarding the school’s Healthy Eating Policy

If a child brings in a food item that is not permitted; an allergen the staff member will take it away immediately and parents/guardians will be called.

Parents/guardians are advised to keep in contact with the class teacher and advise if they need any specific support regarding school lunches.

For information on healthy eating and active living for families you can visit [www.makeastart.ie](http://www.makeastart.ie)  
[Healthy Eating Guidelines - HSE.ie](http://www.makeastart.ie/Healthy-Eating-Guidelines)  
[safefood | Healthy lunchboxes](http://www.makeastart.ie/safefood)  
<https://www.glanmorefoods.ie/Allergen-information.html>

## **Review and Evaluation**

### **Ratification and Implementation:**

This policy was ratified by the BoM in July 2024. It will be reviewed every June.

Signed on behalf of the Board of Management:

