HEALTHY LIFESTYLE POLICY

The Primary curriculum provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines St. Paul's Primary School, Navan, aims to help all those involved in our school community, e.g. children, staff, and parents, in developing positive and responsible attitudes to eating and physical activity and in appreciating the contribution that healthy lifestyle makes to health. St Paul's Healthy lifestyle policy strives to be inclusive of all individual / cultural needs and appreciates each family's effort to integrate this policy into their daily lives.

1. A healthy lunchbox includes a helping of food from the bottom four shelves of the food pyramid. Shelf one -bread, cereals and potatoes. Shelf two - fruit and vegetables. Shelf three - milk, cheese and yogurt and Shelf four - meat, fish, alternatives.

2. Some of the healthy snacks that we encourage for the small break include fruit, vegetables, yoghurt, fromage frais and crackers or plain rice cakes.

3. Sweets, crisps or fizzy drinks will not be given as rewards. Nutritional/educational alternatives will be offered.

4. Children are encouraged to bring and drink water daily. There is access to drinking water in school at all times.

5. Healthier choices of drinks include water and milk.

6. In order to avoid tooth decay

    (a) Sugary drinks are not recommended as frequent consumption of these puts teeth at risk of tooth decay.
    (b) If sugary foods are consumed, it's advisable to have these after a meal in order to prevent tooth decay.
    (c) Chewy / sticky bars and sweets are not advisable at any time.
    (d) Brush teeth before going to school and going to bed with a pea size amount of fluoride toothpaste.

7. Five-minute cheese or fruit break to be incorporated into the school day. Parents of children with dairy intolerances are required to inform the class teacher or principal in writing.

8. This policy endorses the Department of Health recommendation of a cumulative one hour of physical activity per day. It also supports use of our playground markings, the Irish Heart Foundation's 'Bizzy Break' programme and other extra-curricular activities. Skipping activities take place throughout the year and all children are encouraged to make use of the running track daily.

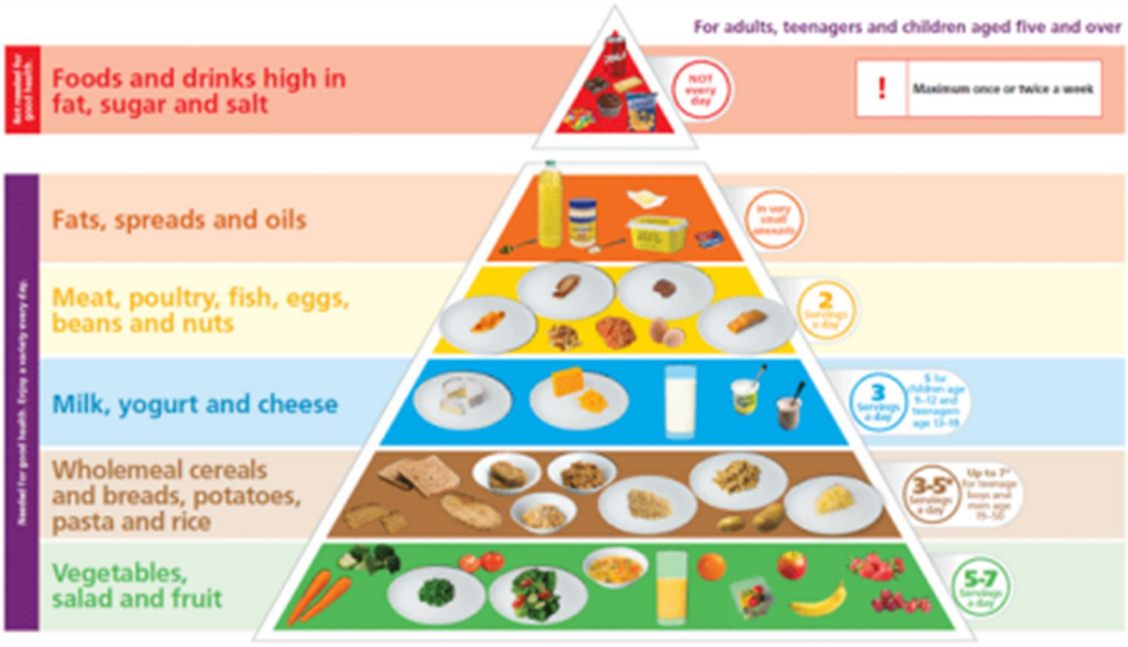
9. Cans, glasses, chewing gum, crisps &**cereal bars** are not permitted for health, safety and litter reasons. Cereal bars are not always what they seem. They can be high in sugar

and for this reason, should not be included in a healthy lunchbox. Foods with a high salt content should be avoided.

10. Foods, which have wrappers, are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment.

11. Nutrition and physical activity will be included as part of the Pr school curriculum.

12. The opportunity to attend healthy lifestyle information sessions will be offered to all parents/ children.

13. Teachers and parents will provide positive modelling and support attitudes to encourage healthy eating.

14. The '*Healthy Lifestyle Policy'* will be monitored regularly, reviewed on an annual basis and the policy will be visibly displayed in the school. A sum of this healthy lifestyle policy will appear in the school journal.