

## Holy Cross Boys' Healthy Eating Policy



Healthy eating at Holy Cross should not be seen in isolation. The Healthy Eating Policy of Holy Cross Boys' Primary is an integral part of our PDMU policy. It involves a partnership between teachers and parents. There are two main areas of focus -The mid-morning break and Lunches.

**Mid-Morning Break:** In the past we have been working with the Community Dental Team to adopt a healthy snacks policy at Holy Cross Boys' Primary School and qualify for an S.O.S award. The scheme has been set up by the Eastern Health and Social Services Board to encourage schools to promote the oral and general health of children through both policy and practice in relation to break time snacks.

The requirements for the award are that mid-morning breaks should consist of **fruit and/or vegetables; bread based snacks with a sugar free filling e.g. plain bread sticks, bread rolls, sandwiches of ham, tuna, cheese etc.** (Scones, muffins or pancakes can be used occasionally as they contain some sugar and may cause tooth decay if taken frequently.) The only **drinks** taken should be either **milk or water.**

Other primary schools, including schools in our parish, that have adopted a healthy break policy have found the following benefits:

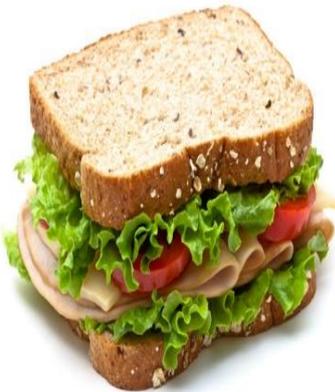
- Children are developing healthier eating habits.
- Healthy snacks contribute to a balanced diet for children.
- Children are generally more settled and less hyperactive.
- There is less waste paper in the school.
- In long term there should be a reduction in tooth decay.

Children who need to follow a special diet due to diabetes, coeliac disease etc are exempt from the scheme and parents should provide a copy of their child's diet plan as provided by a State Registered Dietician. ASD children and children who display sensory issues in relation to foods will also be exempt (the principal/ class teacher will discuss adequate alternatives for the child).

**Healthy Lunch Choices:** Our aim is to build on the success of the SOS Healthy Breaks and think more carefully about the pupils' packed lunch. In their PDMU (Personal Development, Mutual Understanding) lessons we are trying to develop the idea of a balanced diet and healthy lifestyle which will be carried on into adult life. For this reason, we encourage pupils to include a piece of fruit, sandwiches, and a non-fizzy or sugar free drink in their lunch as well as a treat (biscuit). We are positive that this initiative will prove as successful as our Healthy Break policy.



## Lunches at Holy Cross Boys' Primary School

<p><b>Bread snack/ Sandwiches</b></p> 	<p><b>Fruit/Yoghurt</b></p>  	<p><b>Drink: milk, water or diluted juice</b></p> 
<p><b>Treat: 1 normal size bar of chocolate or normal size bag of crisps/salted popcorn.</b></p>		
		

**NB: NO FIZZY drinks or sweets. NO oversized bars of chocolate.**

