



North Dublin Muslim National School

Ratoath Road

Dublin 7

Healthy Eating Policy

April 2018

Introductory Statement:

The North Dublin Muslim National School has developed a Healthy Eating Policy which aims to guide parents in providing healthy and nutritious lunches, guide pupils and enable them to make the healthy choice and assist staff in developing a common understanding of what children can and should have for their lunches. The policy was reviewed in 2017/2018 by staff and management of the school, with input from the school's Student Council.

Rationale:

The North Dublin Muslim National School will encourage children to make healthy eating choices and discourage the consumption of unhealthy foods.

Lunch is an important meal for children. It should provide one third of their recommended daily nutritional needs. The regular and excessive consumption of foods with high sugar content which provide a quick surge of energy can adversely effect children's concentration in school and in extreme cases give rise to hyperactivity and challenging behaviour.

Aims:

- To improve the general health and well-being of pupils by encouraging healthy eating patterns.
- To affirm and support children and parents who make healthy eating choices.
- To lay the foundation for good health and well-being in later life.
- To explain the correlation between a healthy diet and good health.
- To raise levels of concentration within classes.
- To encourage children to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, drink cartons etc.

Guidelines:

- The presence of food allergies are taken seriously and preventative measures are put in place to minimize risks to affected children. Nuts or food containing nuts are not permitted in school.
- Chewing gum and fizzy drinks are not allowed at any time.
- Dates, figs, melon, grapes and pomegranate (fruits mentioned in the Quran) can be added to a healthy lunch.
- One small treat can be added to children's lunch on Fridays, as a reward for eating a healthy lunch throughout the week. Suggestions include: a biscuit, a small bar, a cereal bar, a small packet of crisps, etc.
- Pupils are reminded to eat their lunches.
- Pupils are encouraged to eat their own lunch; sharing of food is not permitted due to allergy restrictions.
- The intake of fluids is encouraged; children are provided with milk daily and are encouraged to bring a bottle of water to school with them.
- Lunch left-overs, wrappings and empty cartons are taken home to let parents know the extent to which lunches are being consumed and to reduce to amount of litter which the school has to manage.

Strategies and supports used to aid the successful implementation of the policy:

- Health promotion leaflets and healthy school lunch ideas are distributed to families.
- Relevant aspects of the Social, Personal and Health Education programme is taught in all classes.
- An Active School Week is organised on a yearly basis and includes the whole school community; food education is a key component of this week.
- A photograph of and information on any children with severe food allergies is displayed in staffroom and relevant classrooms.
- The school engages with outside agencies and initiatives such as Food Dudes when possible.

Ratification and Communication

This healthy eating policy was ratified by the Co-Managers in May 2018. A copy of the ratified policy was distributed to all staff in the school. This policy is available to view on the school website.

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