



Gaelscoil Dhroichead na Banndan

Uimhir Rolla: 20025E | www.gsbanndan.ie

Healthy Eating Policy

Rev. No.: 1

Ref. No.: PO.06

Issue Date: 11-Jun-24

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1. PURPOSE

This document sets out the Health Eating Policy for Gaelscoil Dhroichead na Banndan. According to Circular 0013/2016 the school has a duty to promote a healthy eating policy.

2. SCOPE

Healthy eating instructions from this policy apply to the whole school community - staff, parents/guardians and children.

3. INFORMATION

3.1 Aims

Through this policy, Gaelscoil Dhroichead na Banndan aims to:

- To promote awareness and knowledge of nutrition;
- To support and recommend good habits and healthy eating habits;
- To promote health and wellness in the school.
- Positively affect healthy eating among school-age children
- Raise levels of concentration within class through the consumption of healthy food
- Support and encourage healthy eating habits in children, which is hoped will become lifelong habits
- Provide members of staff, parents and those involved in school activities with clear information
- Protect the health and safety of children with serious food allergies.
- To encourage the children to be aware, alert and responsive to litter problems.
- To encourage positive involvement in their child's nutrition.



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- To promote personal well-being and confidence through diet, activity and dental hygiene

3.2 Guidelines

3.2.1 Education

The children learn about healthy food and the impact of that food in the SPHE & Science school subjects and the Food Pyramid will be used as a learning subject. The school participates in the Food Dudes Healthy Eating Program.

3.2.2 Healthy Snacks

Parents are asked to provide healthy snacks for their children:

- Food from Sections 2-6 of the Food Pyramid

3.2.3 Healthy Lunches

Should parents decide that they would like to supplement their child's lunch or where families do not partake of the School Meals Programme. These parents are asked to provide healthy lunches for their children:

- Food from Sections 2-6 of the Food Pyramid

3.2.4 Foods Not Permitted

The following foods do not support our healthy lunch policy and should be excluded from your child's lunch box:

- Food from Section 1 of the Food Pyramid
- Chewing gum



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- Soft/Fizzy drinks
- Sports/Energy drinks
- Biscuits, cakes / buns (except on Friday Treat Day)
- Crisps and sweets (except on Friday Treat Day)
- Chocolates / chocolate bars (except on Friday Treat Day)
- Nuts and foods containing nuts (including Nutella)

3.2.5 Allergies

If a child has a serious food allergy, the parents/guardians must notify the school and provide a doctor's report stating the implications of the allergy and listing the foods to be avoided. Parents/guardians will be asked to participate with staff in formulating an individual Allergy Management Plan. This plan will identify how best to minimise the risk of an allergic reaction for the child and it will outline the protocol to be implemented if an allergic reaction occurs. Please also refer to the school's Administration of Medication Policy.

As mentioned above, nuts and foods containing nuts are not permitted. This is to help protect students with related allergies.

3.2.6 Friday Treat Day

On this day, pupils can bring ONE of the following:

- Treat or fun sized bar
- Treat or fun sized bag of sweets
- Small biscuit
- Small cereal bar (preferably homemade)



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- Small home bakes

Other treat days may include:

- End of term parties
- Halloween
- School trips and events
- Class rewards

On these occasions, teachers may provide treats for the class or pupils may be invited to bring in items to share.

3.2.7 Implementation

If a pupil brings prohibited food or drink to school, they will be asked by the teacher to bring it home at the end of the school day, as such foods are not allowed. If the pupil does not have anything else to eat, the teacher will deal with the matter at his/her discretion. If a pupil persists in bringing unhealthy food to school, the teacher will organise a meeting with the child's parent/guardian to remind them of the schools Healthy Eating Policy. School staff will consistently implement the Healthy Eating Policy to ensure that it is adhered to.



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3.2.8 Healthy snacks/lunchbox ideas

Tá cead	Níl cead
Bia ó Rannóg 2-6 den Phirimid an Bhia / Food from section 2-6 of Food Pyramid	Bia ó Rannóg 1 den Phirimid an Bhia / Food from section 1 of Food Pyramid
Torthaí / Fruit	Seacláid / Chocolate
Glasraí / Vegetables	Guma coganta / Chewing gum
Cáis / Cheese	Deochanna shúillínneacha / Fizzy drinks
Íogairt / yoghurt	Deochanna fuinneamh/Energy drinks
Ceapairí /Sandwiches	Criospaí, Criospaí Nádúrtha Crisps / Natural / Vegetable crisps
Deoch / Drinks Uisce/ water	Brioscaí / biscuits
Pasta, Rís, Gráin, Cous-Cous / Pasta, Rice, Grain, Cous-Cous	Milseáin / Sweets
Craicéirí / Crackers	Bunóga / Muffins
Hummus	Cácaí Ríse (le blas milis) / Rice cakes with sweet flavouring
Cácaí Ríse (gan blas milis) / Rice cakes without sweet flavouring	Frubes & Íogairt le Crunch corner/ Crunch corner yoghurts that contain chocolate
Pancóga (nadúrtha) / Pancakes (natural)	Píotsa / Pizzas

3.3 Review of Documentation

The policy will be subject to evaluation/review on a biannual basis and amendments may be made to the policy in light of:

- Revised/New DES Circulars and Guidelines.



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The Principal will report to the Board of Management at least once each year to assess compliance with school policy.

4. APPROVAL INFORMATON

The Policy was ratified by the Board of Management on 11-Jun-24. This policy will be reviewed on an annual basis.

5. REFERENCE DOCUMENTATION

- DES: Circular 0013/2016: Promotion of Healthy Lifestyles in Primary Schools
- HSE: Healthy Eating Policy Toolkit For Primary Schools
<https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/healthy-eating-policy-development-toolkit-for-primary-schools.pdf>

6. APPENDICES/DIAGRAMS

Appendix 6.1: Food Pyramid



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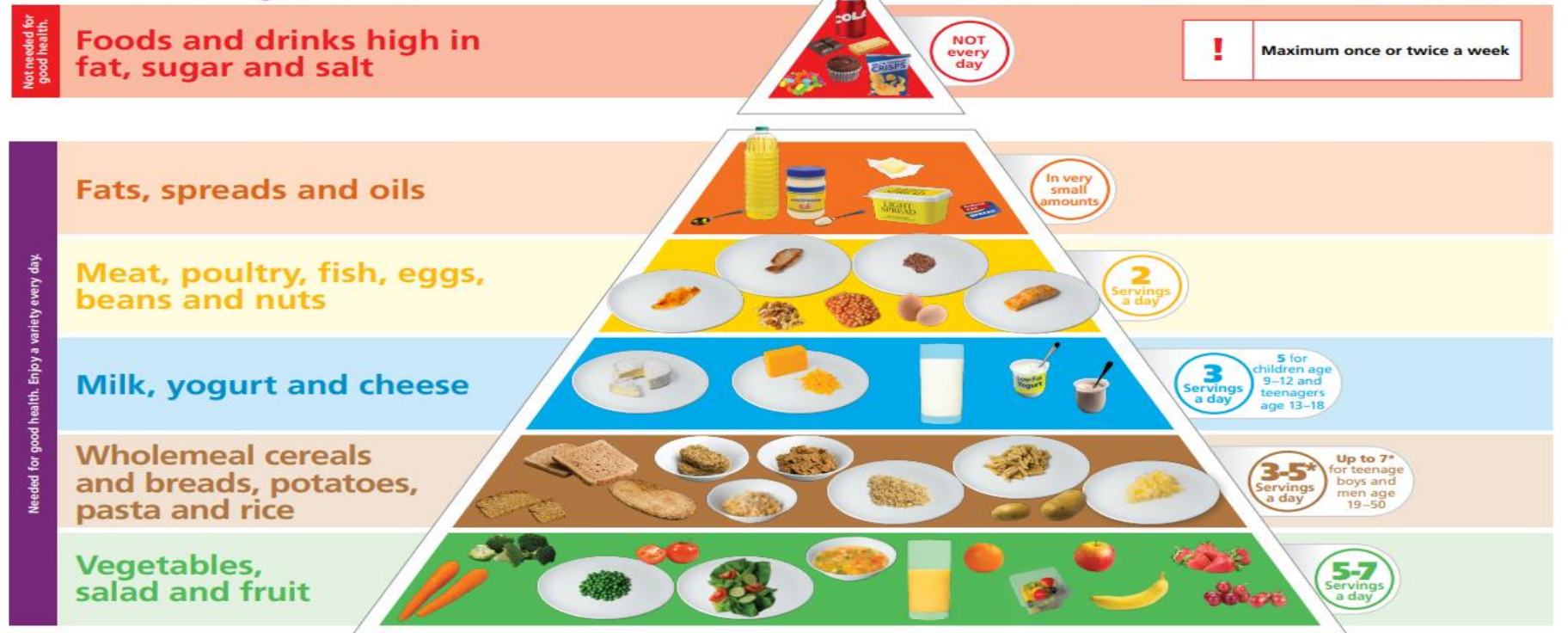
Healthy Food for Life

www.healthyireland.ie



The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	♂	3-4	4	4-5		3-4	♀	3
♀	3-5	5-7	5-7	4-5	♂	4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active! To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



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Bia Sláintiúil don Bheatha

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Pirimid an Bhia

Do dhaoine fásta, déagóirí agus leanaí os cionn cúig bliana d'aois

Níl síd riachtanach don deashláinte.

Bianna agus deochanna ina bhfuil a lán saille, siúcra agus salann



Ní gach lá

! Uair nó dhó sa tseachtain ar a mhéad

Riachtanach don deashláinte. Ith éagsúlacht díobh gach lá.

Sailte, leatháin agus olaí



Méid an-bheag

Feoil, éineoil, iasc, uibheacha, pónairí agus cnónna



2 Sciar sa lá

Bainne, iógart agus cáis



3 Sciar sa lá

5 do leanaí idir 9-12 bl. agus leanaí idir 13-18 bl.

Gránaigh agus aráin chaiscín, prátaí, pasta agus rís



3-5* Sciar sa lá

Suas le 7* do bhuachaillí sna déaga agus fir idir 19-51 bl.

Glasraí, sailleíd agus torthaí



5-7 Sciar sa lá

*Treoir Um Sciar Laethúil – gránaigh agus aráin chaiscín, prátaí, pasta agus rís

Gníomhach	Leanbh (5-12)	Déagóir (13-18)	Duine Fásta (19-50)	Duine Fásta (51+)	Neamh-gníomhach	Déagóir (13-18)	Duine Fásta (19-50)	Duine Fásta (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

Níl aon treoirlínte i dtaca le leanaí neamhghníomhacha mar tá sé riachtanach go mbeadh gach leambh gníomhach.

Ói 8 gcupán leachta sa lá, ar a laghad – is é an t-uisce is fearr.

Bí Gníomhach! Chun meáchan sláintiúil a chinntiú, tá sé riachtanach go ndéanfadh daoine fásta gníomhaíocht mheasartha ar feadh 30 nóiméad sa lá, ar a laghad, 5 lá sa tseachtain (nó 150 nóiméad sa tseachtain) ní mór do leanaí gníomhaíocht mheasartha nó dhian a dhéanamh 60 nóiméad gach lá, ar a laghad.