

Sonas

Special Junior Primary School
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Roll No. 201620

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Sonas Special Junior Primary School we encourage the children to eat as healthily as possible.

Many children in the school have challenging food issues. For some children in the school, the sensory challenges that the different textures, smells and colours of different types of food present overwhelm them and they become defensive and resistant to all but a very narrow range of foods and drinks that they will eat and drink. For other children, the inability to be flexible and accepting of change because of their diagnosis of Autism, means that they too have a very narrow and limited diet.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life). There is a great emphasis in Sonas on introducing the children to a wider range of food types and textures so that the children may be enabled to expand their diet and eat healthily.

The programmes used across the school to facilitate this include:

SOS

Fun With Food

Food Dudes

Staff and parents collaborate closely to help each child to eat as healthily as possible. The school lunches funded by the Department of Social Protection are provided by Carambola. The content of these lunches will be carefully selected so as to achieve this goal.

There are certain children who enjoy a hot dinner while in school. Each class is equipped with a microwave and a dinner sent in from the child's home can be heated for them in school.

Cookery sessions provide important opportunities for the children to explore the smells, touch and tastes of various healthy foods in the company of the classmates.

This policy was ratified by Sonas Board of Management on May 11th 2016.