

Healthy Eating Policy

Children spend a significant part of their day in school and it is very important that we encourage them to eat healthily during that time. All families and pupils are asked to cooperate with the implementation of this policy.

Aims

- To promote the personal development and well-being of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects. This includes eating healthy, exercising and getting adequate sleep.
- To enable the children to appreciate the importance of good nutrition for growing, developing and staying healthy
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet

Healthy eating at school

A healthy lunch box should help to improve children's attention, behaviour and learning throughout the day. It should contain:

- A source of protein to keep children alert
- Complex carbohydrates for slow release energy
- Calcium for growth, healthy bones and teeth
- Fruit and vegetables for fibre, vitamins and minerals
- Drinks to keep children hydrated

Food for thought

In considering food options, please be aware that many items that are marketed and labelled as "healthy" and "suitable for lunchboxes" may not be suitable to give your child on a regular basis.

Children with special dietary requirements

Children with special dietary requirements and/or allergies will be facilitated to choose foods to suit their own individual requirements.

Parents should discuss any dietary requirements with the class teacher to avoid any misunderstanding.

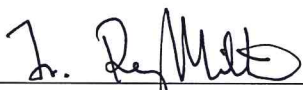
Allergies

A number of our pupils have nut, egg and kiwi allergies. In the interest of health and safety, any food that may contain nuts, sesame seeds, eggs or kiwi are not allowed. We also ask that children do not share or swap lunches. Please emphasise the importance of this to your child.

Items not to be included in school lunches

Crisps, corn snacks, chocolate (including chocolate spread), biscuits, sweets or fizzy drinks.

This policy has been devised by the policy development group, principal, staff and the Board of Management. It was reviewed in 2021/2022 and will be reviewed in the year 2024/2025 as per the school's 3 year review plan.

Signed: 
Chairperson BOM

Date: 9/2/22