



Golden National School

Golden, Cashel, Co. Tipperary.

Tel. 062 72164 Email goldenns@yahoo.ie Web www.goldenns.ie Roll No. 17114J

Healthy Lunch Policy

The Policy was formulated by the Parents Council, Principal and teachers in Golden National School and approved by the Board of Management.

The Aims of our Healthy Lunch Policy:

- To help the children to understand and appreciate what it means to be healthy, and have a balanced lifestyle.
- To facilitate improved concentration and learning.
- To differentiate between a healthy and unhealthy diet.

Curriculum

The children will learn about the values of Healthy Food as part of the Social Personal and Health Education (S.P.H.E.) Programme taught in each class. Specific S.P.H.E. lessons will deal with good nutritional practices. Emphasis will be placed on learning about the 'Food Pyramid' which demonstrates the different food groups – carbohydrates, proteins, fats and vitamins. The importance of these food groups will be dealt with in particular in the senior classes as outlined in the Science curriculum. Pupils will be praised for having healthy lunches. The teacher's role is to encourage but ultimately it is the responsibility of parents to implement the Healthy Lunches Policy.

Curriculum Support

- Use of Health Board Posters
- Essays
- Outside Speakers, for both parents and children
- Whole school approach
- Prim Ed materials

Suggestions for a Healthy Lunch

- Protein filled sandwich / pitta bread (e.g. cold meat, tuna, egg mayonnaise, peanut-butter, cheese etc.)
- Healthy drinks (e.g. water and natural fruit juice)
- Crackers
- Fruits and vegetables
- Pasta
- Popcorn

On Fridays children may bring **one small** treat

Acceptable treats (on a Friday)

- Small bun (plain or iced)
- Fun sized chocolate bar
- Small bag of crisps
- Two biscuits

Unacceptable food items (at all times)

- Lollipops
- “Brain Licker”
- All Cereal bars/Fruit Winders
- Nutella
- Fizzy drinks
- Share size treats/king sized treats
- Large packets of sweets/packet of biscuits

Review

This Healthy Lunches Policy will be reviewed every two years.

Monitoring / Evaluation / Review:

Policy is revised annually or at other times if deemed necessary.

Ratification and Communication

The BoM officially ratified the policy June 22nd 2017

Review date: 22/7/2019